



Product Spotlight: Ricotta

Ricotta means re-cooked. It is a fresh, soft Italian cheese made with whey. Whey is a liquid by-product in cheese making that is usually discarded, so it's a great sustainable product!



Spice it up!

For extra flavour add grated parmesan cheese and a pinch of dried chilli flakes to the ricotta. You can also garnish the finished dish with fresh basil, oregano or parsley.

Summer Beef Rigatoni

with Lemon Ricotta

A light and vibrant beef and cherry tomato sauce, tossed through rigatoni pasta, served with zesty lemon ricotta and fresh watercress.



25 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	66g	30g	115g

FROM YOUR BOX

RIGATONI PASTA	1 packet
BEEF MINCE	300g
BROWN ONION	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
CHERRY TOMATOES	200g
LEMON	1
RICOTTA	1 tub
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute fennel seeds with dried oregano, dried rosemary or dried thyme.

Halve any large cherry tomatoes if desired.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain pasta.



4. PREPARE THE TOPPINGS

Zest **lemon**. Add to a bowl along with **ricotta**. Season with **salt and pepper** and mix to combine.



2. BROWN THE MINCE

Heat a large frypan over medium-high heat. Add **mince** and **2 tsp fennel seeds** (see notes). Break up any lumps with a wooden spoon. Cook for 5 minutes until mince begins to brown.



5. TOSS THE PASTA

Add **pasta** and **1/3 cup reserved cooking liquid** to sauce. Toss to combine. Add extra **cooking liquid** as necessary to loosen sauce. Season to taste with **salt and pepper**.



3. SIMMER THE SAUCE

Slice **onion** and crush **garlic**. Add to pan as you go along with **tomato paste** and **cherry tomatoes** (see notes). Sauté for 5 minutes until onion begins to soften. Add **1/3 cup water** and simmer, semi-covered, for 5 minutes.



6. FINISH AND SERVE

Trim **watercress** and dress with **juice from 1/2 lemon** (wedge remaining), **salt and pepper**.

Divide **pasta** among shallow bowls. Spoon over **ricotta**. Serve with **watercress** and **lemon wedges**.

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