

**Product Spotlight:**  
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**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
	58g	46g	109g

## 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.

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



### 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

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

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