



Product Spotlight: Pine Nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



Corn and Basil Pappardelle

with Pine Nuts and Lemon Ricotta

Charred corn, blended with basil to make a tantalising creamed corn sauce, tossed through fresh pappardelle, served with pan-fried cherry tomatoes, lemon ricotta and toasted pine nuts.



30 minutes



2 servings



Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	32g	146g

FROM YOUR BOX

CORN COB	1
SHALLOT	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
LEMON	1
RICOTTA	1 tub
PINE NUTS	20g
BASIL	60g
FRESH PAPPARDELLE	400g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Add a dried herb such as dill, tarragon or oregano to the tomatoes to cook.

No gluten option - pasta is replaced with GF pasta.



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1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil. Remove corn kernels from cobs. Slice shallot, halve larger cherry tomatoes and crush garlic. Add lemon zest (halve lemon), ricotta, **2 tsp olive oil, salt and pepper** to a bowl. Mix to combine.



2. TOAST THE PINE NUTS

Heat a large frypan over medium-high heat. Add pine nuts and toast for 2-4 minutes until golden. Remove to a bowl and keep pan over heat for step 3.



3. MAKE THE SAUCE

Add **oil** to pan along with corn kernels, onion and garlic. Sauté for 3-5 minutes until onion is softened. Remove from heat. Use a stick mixer to blend 3/4 corn mix, 1/3 basil leaves, **1/4 cup water** and ricotta to smooth consistency.



4. SAUTÉ THE VEGETABLES

Return pan to medium-high heat and add tomatoes (see notes). Sauté for 3-5 minutes until tomatoes are tender. Season to taste with **salt and pepper**.



5. COOK THE PASTA & TOSS

Add pasta to boiling water. Cook for 2-4 minutes or until al dente. Reserve **2 cups cooking liquid** and drain pasta. Return to pan along with sauce and **1-1 1/2 cups cooking liquid**. Toss to coat pasta. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide tossed pasta among shallow bowls. Top with sautéed vegetables, pine nuts and basil. Serve with lemon wedges.

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