DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Corn

Corn is also known as maize. It originated in Mexico more than 10,000 years ago!
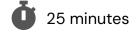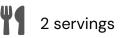
Feta and Corn Bake

with Spinach and Ricotta Pasta

Super easy, super delicious! Feta cheese, corn kernels and cherry tomatoes baked with dried tarragon, tossed with baby spinach to make a delicious sauce to coat spinach and ricotta filled pasta.

🕑 25 minutes　　🍴 2 servings　　🥗 Vegetarian

Spice it up!

Some dried chilli flakes or slices of fresh red chilli, lemon zest and a squeeze of lemon juice would make a great addition to this dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	64g	80g

FROM YOUR BOX

RED ONION	1
CORN COB	1
GARLIC CLOVE	1
CHERRY TOMATOES	200g
FETA CHEESE	200g
BABY SPINACH	60g
FRESH FILLED PASTA	350g

FROM YOUR PANTRY

olive oil, salt, pepper, dried tarragon (see notes)

KEY UTENSILS

large saucepan, oven dish

NOTES

If you don't have dried tarragon, you can use dried or fresh oregano, rosemary, thyme or dried Italian herbs.

No gluten option – filled pasta is replaced with GF filled pasta. Cook pasta according to packet instructions.

1. PREPARE THE VEGETABLES

Set oven to 220ºC and bring a large saucepan of water to a boil.

Wedge red onion. Remove corn kernels from cob and crush garlic clove. Add to a lined oven dish with cherry tomatoes.

2. ADD THE FETA AND BAKE

Quarter feta block. Add to oven dish along with **1/4 cup olive oil**, **1 1/2 tsp tarragon**, **salt and pepper**. Toss to combine. Bake for 15–20 minutes until golden.

3. MAKE THE SAUCE

To make the sauce, take the oven dish out of the oven, and use a fork to squash the tomatoes. Add spinach. Combine well.

4. COOK THE PASTA

Add pasta to boiling water. Cook for 3–4 minutes until al dente. Reserve **1/2 cup cooking water** before draining.

5. ADD THE PASTA

Stir in cooked pasta and the **reserved cooking water** as needed. Season to taste with **salt and pepper**.

6. FINISH AND SERVE

Serve oven dish tableside.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**