



Product Spotlight: Baby Cos Lettuce

With a low calorie content and high water volume, cos lettuce (while often overlooked) is a very nutritious food. It provides a good source of vitamin C, important for a healthy immune system, skin, bones, and teeth!



Street Corn Pasta Salad

Quick and easy? Yes, thanks! This pasta salad boasts corn kernels charred with a family-friendly Peri Peri spice mix, tossed through lime and chive ricotta dressing with avocado, cherry tomatoes and crunchy lettuce.



20 minutes



2 servings



Vegetarian

Bulk it up!

Do you want to bulk up this dish to get extra serves? Add boiled eggs, crispy chickpeas, diced cucumber or capsicum!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	20g	118g

FROM YOUR BOX

SHORT PASTA	1 packet
CORN COB	1
PERI PERI SPICE MIX	1 packet
RICOTTA CHEESE	1 tub
GARLIC CLOVE	1
LIME	1
CHIVES	1 bunch
CHERRY TOMATOES	200g
AVOCADO	1
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, saucepan

NOTES

Cook all the pasta and have leftovers!

This pasta salad is great for lunch and dinner!
Pack leftovers for a picnic or work lunch.

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

Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder, garlic powder.



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1. COOK THE PASTA

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



2. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove **corn** kernels from cob. Add to pan and cook for 4-5 minutes until charred. Add **spice mix** and cook for a further minute. Remove from heat.



3. MAKE THE DRESSING

Add **ricotta** to a large bowl. Crush **garlic clove**. Zest **lime** and juice 1/2 (wedge remaining). Add zest and juice to bowl as you go. Finely slice **chives**. Add 1/2 chives to bowl (reserve remaining for garnish). Mix to combine.



4. PREPARE THE SALAD

Halve or quarter **tomatoes**. Slice **avocado**. Thinly slice **lettuce**. Add to dressing bowl.



5. TOSS THE PASTA

Add pasta, **reserved cooking liquid** and 1/2 charred corn (reserve remaining for garnish) to dressing bowl. Toss until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta salad among shallow bowls. Garnish with reserved corn and chives. Serve with lime wedges.

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**

