



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!



Cajun Corn Pasta

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



20 minutes



4/6 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
4/6 Person:	34g/23g	24g/20g	112g/84g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	1 packet
CORN COBS	2	3
FAMILY CAJUN SPICE MIX	1 packet	1 packet
RICOTTA CHEESE	2 tubs	2 tubs
GARLIC CLOVES	2	2
LIME	1	1
CHIVES	1 bunch	1 bunch
CHERRY TOMATOES	2 x 200g	3 x 200g
AVOCADOS	2	3
BABY COS LETTUCE	1	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, saucepan

NOTES

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.

Family Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Drain **pasta** and set aside.



4. PREPARE THE VEGETABLES

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



2. CHAR THE CORN

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



5. TOSS THE PASTA

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



3. MAKE THE DRESSING

Add **ricotta** to a large bowl. Crush **garlic**, **zest and juice 1/2 lime** (wedge remaining) and add to the bowl. Slice **chives** and stir through half (reserve the rest to garnish). Mix to combine.



6. FINISH AND SERVE

Divide **pasta** 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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

