

**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 and bursting cherry tomatoes served over pappardelle tossed with lemon ricotta, topped with fresh basil and toasted pine nuts.



30 minutes



4/6 servings



Vegetarian

Switch it up!

*Make a creamy corn and ricotta sauce!
Use a stick mixer to blend the prepared ricotta with 1/2 the corn kernels and 1/2 the basil leaves to a smooth consistency.
Toss through cooked pasta.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
4P/6P:	27g/25g	19g/15g	72g/77g

FROM YOUR BOX

	4 PERSON	6 PERSON
PAPPARDELLE PASTA	500g	2 x 500g
CORN COBS	2	3
RED ONION	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVES	2	3
BASIL	1 packet	1 packet
LEMON	1	2
RICOTTA	500g	500g
PINE NUTS	1 tub	2 tubs

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.

Garnish with dried chilli flakes and shaved parmesan cheese.

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 **pasta** to boiling water. Cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid**. Drain **pasta** and return to pan (see step 5).

6P - add 1 1/2 packets pasta to boiling water.



2. PREPARE THE INGREDIENTS

Remove **corn kernels** from cobs. Slice **onion**, halve **tomatoes**, crush **garlic**, and finely slice **basil leaves**. Combine **lemon zest**, **ricotta**, **3 tsp olive oil**, **salt** and **pepper** to a bowl. Wedge **lemon**.

6P - add 2 tbsp olive oil and zest from 1 1/2 lemons to ricotta.



3. TOAST THE PINE NUTS

Heat a frypan over medium-high heat. Add **pine nuts** and toast until golden. Remove to a bowl and reserve pan for step 4.



4. SAUTÉ THE VEGETABLES

Add **oil** to pan along with **corn kernels**, **onion** and **garlic**. Sauté for 3-5 minutes until **onion** is softened. Add **tomatoes** (see notes). Sauté for 3-5 minutes until tender. Season to taste with **salt** and **pepper**.



5. TOSS THE PASTA

Add **1/2 prepared ricotta**, **1 1/2 cups cooking liquid** (add extra liquid as necessary to loosen sauce) and **1/2 chopped basil** to the **pasta**. Toss well to combine. Season to taste with **salt** and **pepper**.

6P - add 2/3 prepared ricotta and 2 cups cooking liquid to pasta.



6. FINISH AND SERVE

Divide tossed **pasta** among shallow bowls. Top with **sautéed vegetables**, **pine nuts** and **basil**. Dollop on remaining **ricotta** and serve with **lemon wedges** (see notes).

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