



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



4 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
	24g	19g	116g

FROM YOUR BOX

SHORT PASTA	1 packet
CORN COBS	2
PERI PERI SPICE MIX	1 packet
RICOTTA CHEESE	2 tubs
GARLIC CLOVES	2
LIME	1
CHIVES	1 bunch
CHERRY TOMATOES	2 x 200g
AVOCADOS	2
BABY COS LETTUCE	1

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.

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



Scan the QR code to
submit a Google review!



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** 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 cobs. 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 cloves**. 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 **avocados**. 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**

