P

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Baby Cos Lettuce

Cos lettuce is said to take its name from the Greek island of Kos, where it has been grown since ancient times. Its sturdy leaves stay crunchy even when tossed through a creamy dressing - perfect for this pasta!

Cajun Corn Pasta

Corn kernels charred with family-friendly Cajun spice, tossed through a 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:	32g/26g	29g/25g	112g/83g

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	500g	500g
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

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, saucepan

NOTES

This pasta 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. Reserve **1 cup cooking water**, drain **pasta** and set aside.



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**, **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.



4. PREPARE THE VEGETABLES

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



5. TOSS THE PASTA

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



6. FINISH AND SERVE

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

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