

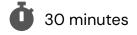


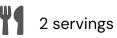


Lemon Ricotta Pasta

with Poached Egg & Pangrattato

Pasta tossed through a bright and vibrant lemon and ricotta sauce with ribboned zucchini and snow peas, served with poached egg, lemon zest pangrattato and fresh dill.





Vegetarian

Switch it up!

Use the eggs to make a carbonara sauce and serve the tossed pasta with dollops of lemon ricotta on top. You can also use the fresh zucchini and snow peas to make a side salad, simply dress with olive oil and lemon juice.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

52g 5

55g

118g

FROM YOUR BOX

LONG PASTA	1 packet
GARLIC CLOVE	1
LEMON	1
ZUCCHINI	1
SNOW PEAS	150g
FREE-RANGE EGGS	6-pack
PANKO CRUMBS	20g
RICOTTA	1 tub
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes

KEY UTENSILS

2 saucepans

NOTES

Adding 2-3 tbsp white vinegar to poaching water will help to give you cafe-perfect eggs! If you are using a small saucepan, poach eggs in batches to avoid overcrowding.

Poaching for 3–4 minutes will give you soft, running yolks, poach for longer for firm yolks.

Omit chilli flakes if preferred.

No gluten option - pasta and panko crumbs are replaced with gluten free pasta and almond meal. Cook whole packet of pasta according to packet instructions and cook almond meal following step 4 instructions.



1. COOK THE PASTA

Bring 2 saucepans of water to a boil.

Add 1/2 packet pasta to large saucepan and cook according to packet instructions or until al dente. Reserve 1 cup cooking liquid and drain pasta. Reserve saucepan for step 4.



2. PREPARE THE INGREDIENTS

Crush garlic, zest lemon (reserve remaining for step 5), use a vegetable peeler to ribbon zucchini, trim and slice snow peas.



3. POACH THE EGGS

Reduce water (see notes) to a rapid simmer. Crack eggs (use to taste) into water and poach for 3-6 minutes. Use a slotted spoon to remove poaches eggs and drain on a lined plate.



4. MAKE THE PANGRATTATO

Reheat saucepan over medium heat with 3 tbsp olive oil. Add panko crumbs, 1/2 garlic, 1/2 lemon zest, salt and pepper. Cook, stirring occasionally, for 4-6 minutes, until crumbs are golden and toasted. Remove to a bowl and keep pan over heat for step 5.



5. TOSS THE PASTA

Add garlic, lemon zest and snow peas to reserved pan (add extra oil if needed). Sauté for 2 minutes. Add ricotta, reserved cooking liquid, zucchini and pasta. Toss well to combine. Season with juice from 1/2 lemon (wedge remaining), 1/2-1 tsp chilli flakes, salt and pepper (see notes).



6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with poached egg, pangrattato, chopped dill and chilli flakes if desired.

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