

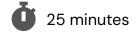


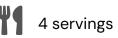


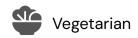
## **Green Filled Pasta**

### with Lemon Thyme Bursting Cherry Tomatoes

Fresh pasta filled with greens and ricotta, tossed in a lemon thyme bursting cherry tomato sauce with charred broccoli, fresh rocket leaves and pine nuts.







# Spice it up!

Serve this dish with a sprinkle of dried chilli flakes or diced fresh red chilli.

TOTAL FAT CARBOHYDRATES

18g 26g

69g

#### FROM YOUR BOX

BROCCOLI	1
CHERRY TOMATOES	2 x 200g
LEMON THYME	1 packet
GARLIC CLOVES	2
LEMON	1
FILLED PASTA	2 x 350g
ROCKET LEAVES	120g
PINE NUTS	1 packet

#### FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

#### **KEY UTENSILS**

large frypan, saucepan, griddle pan

#### **NOTES**

Skip this step if desired; cut broccoli into florets and blanch in saucepan with the pasta, or add florets to sauce at step 3.

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

If desired, toast the pine nuts in a dry frypan until golden.

No gluten option - Filled pasta is replaced with GF filled pasta. Cook according to packet instructions.



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#### 1. CHAR THE BROCCOLI

Bring a large saucepan full of water to a boil (see step 4).

Heat a griddle pan (see notes) over medium-high heat. Roughly chop **broccoli** (including stems) and add to pan. Cook for 6 minutes until broccoli begins to char.



#### 2. COOK THE TOMATOES

Heat a large frypan over medium-high heat with **1/4 cup oil**. Add **tomatoes** and toss to coat in **oil**. Cook, semi-covered, for 5-7 minutes until the tomatoes are blistered and bursting. Reduce to medium heat.



#### 3. MAKE THE SAUCE

Pick thyme leaves (see notes). Crush garlic cloves. Zest lemon and juice 1/2 (wedge remaining). Add to pan with tomatoes and 1 tbsp butter. Cook for 2 minutes.



#### 4. COOK THE PASTA

Add filled **pasta** to boiling water. Cook for 2-3 minutes until al dente. Reserve **11/2 cups cooking liquid**. Drain pasta.



#### **5. TOSS THE PASTA**

Add cooked pasta, broccoli and **cooking liquid** to sauce. Toss to combine. Season to taste with **salt and pepper**.



#### 6. FINISH AND SERVE

Divide **rocket leaves** among shallow bowls. Top with pasta and sauce. Garnish with **pine nuts** (see notes) and lemon wedges.

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