



Product Spotlight: Pine Nuts


Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.




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.

 25 minutes

 4 servings

 Vegetarian

Spice it up!

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

Per serve: **PROTEIN** 18g **TOTAL FAT** 26g **CARBOHYDRATES** 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 **1 1/2 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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