



### Product Spotlight: Free-Range Eggs

Keep your eggs in the cardboard container they came in. This will prevent them from losing moisture and absorbing the flavours of other foods in the fridge. The carton can be disposed of in your compost bin after the labels are removed!



## 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.



30 minutes



4 servings



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
	36g	32g	113g

## FROM YOUR BOX

LONG PASTA	1 packet
GARLIC CLOVES	2
LEMON	1
ZUCCHINIS	2
SNOW PEAS	250g
FREE-RANGE EGGS	6-pack
PANKO CRUMBS	40g
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 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 **pasta** to large saucepan and cook according to packet instructions or until al dente. Reserve **2 cups 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**s, trim and slice **snow peas**.



### 3. POACH THE EGGS

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



### 4. MAKE THE PANGRATTATO

Reheat saucepan over medium heat with **1/4 cup 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 reserve 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 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.

**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**

