



Product Spotlight: Red Queen Sauce

This native sweet chilli sauce from WA local, GH Produce, has a perfect chilli balance between spice and sweet. It also includes ethically foraged native Australian ingredients.



Red Queen Spaghetti

with Garlic Mushrooms

Tender spaghetti tossed through a rich chilli butter tomato base using GH Produce's native Red Queen sauce, topped with a savoury mix of mushrooms, corn and hemp seeds.



35 minutes



4 servings



Vegetarian

Switch it up!

Red Queen sauce is mild, but you can use half the bottle if preferred. For a spicier finish, add fresh chilli or chilli flakes. Boost texture or protein with olives, toasted nuts, or crispy chickpeas.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	10g	69g

FROM YOUR BOX

LONG PASTA	500g
CORN COBS	2
BUTTON MUSHROOMS	300g
TOMATOES	3
SPRING ONIONS	1 bunch
HEMP SEEDS	1 packet
GARLIC CLOVES	3
RED QUEEN SAUCE	1 bottle

FROM YOUR PANTRY

olive oil, soy sauce (or tamari), sugar (of choice), butter

KEY UTENSILS

large frypan, saucepan

NOTES

You can add some dried chilli flakes to the mushroom topping for an extra kick.



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 **1/2 cup cooking water** before draining. Set aside.



2. PREPARE COMPONENTS

Remove **corn kernels** from cobs. Finely chop **mushrooms** into a mince-like texture. Dice **tomatoes** and slice **spring onions**, reserving green tops for garnish. Keep separate.



3. CRISP THE TOPPING

Heat **3 tbsp olive oil** in a large frypan over high heat. Add **corn**, **mushrooms**, and **1 crushed garlic clove** (see notes). Cook for 8–10 minutes, tossing until slightly crispy. Stir in **hemp seeds**, season with **2 tsp soy sauce** and **pepper**, remove from pan.



4. SIMMER THE SAUCE

Reduce heat to medium-high. Add **2 tbsp olive oil**, **diced tomatoes**, **spring onions**, and **2 crushed garlic cloves** to pan. Cook for 5 minutes or until soft and saucy. Stir in **Red Queen sauce**, **3 tbsp butter**, **1 tsp sugar**, and **1 tbsp soy sauce** until melted and combined.



5. TOSS THE PASTA

Add cooked **pasta** to the **sauce** along with **1/4 cup reserved cooking water**. Toss until coated and glossy. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **pasta** between bowls. Top with **mushroom and corn topping** and garnish with **sliced spring onion tops**.



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