



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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** 32g **TOTAL FAT** 29g **CARBOHYDRATES** 55g

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	1 packet	2 packets
GARLIC CLOVES	2	3
LEMON	1	2
ZUCCHINIS	2	2
SNOW PEAS	250g	250g + 150g
FREE-RANGE EGGS	6-pack	2 x 6-pack
PANKO CRUMBS	40g	40g + 20g
RICOTTA	1 tub	2 tubs
DILL	1 packet	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.

6P – Use 1 1/2 packet pasta.



2. PREPARE THE INGREDIENTS

Crush **garlic** and **zest lemon**. Use a vegetable peeler to ribbon **zucchini**, trim and slice **snow peas**.

6P – Zest 2 lemons.



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**, **remaining lemon zest** and **snow peas** to 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**.

6P – Use juice from 1 lemon.



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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

