



Quick artichoke pasta

with Gondino parmesan



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: red wine vinegar, chilli flakes (optional), salt



Hands-on: 10 minutes

Ready in: 15 minutes



Serves: 2 or 4

This super quick dinner is prepared in no time at all! Flavoursome marinated artichokes are complemented with spinach, sundried tomatoes, Gondino parmesan and a pinch of chilli flakes (optional).

Great for leftovers, Quick & easy, Spicy (mild/optional)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

| | 2 serves | 4 serves |
|---------------------------|----------|----------|
| Linguine | 1 packet | 1 packet |
| Gondino parmesan | 1 tub | 1 tub |
| Seasoned artichoke hearts | 1 tub | 1 tub |
| Sundried tomato strips | 1 tub | 1 tub |
| Spinach | 60g | 120g |
| Red wine vinegar* | 1 tbsp | 2 tbsp |
| Chilli flakes (optional)* | ¼ tsp | ½ tsp |
| Salt* | ½ tsp | 1 tsp |

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook pasta

Fill a large pot $\frac{3}{4}$ -full with water and bring to a boil. Add **linguine** and cook for **12 minutes**. Drain **pasta** and return to pot.

2. Prepare ingredients

Shave **Gondino parmesan** thinly with a knife. Slice **artichoke** pieces into quarters. Blot **sundried tomatoes** on paper towel. Roughly chop **spinach**.

3. Finish pasta

Add **red wine vinegar***, **chilli flakes (optional)*** and **salt*** to pot and toss together.

Return pot to stove and turn onto medium heat. Add **spinach**, **sundried tomato strips** and **artichoke**. Toss together until **spinach** is just wilted, about **2 minutes**.

4. Serve

Serve **quick artichoke pasta** into bowls topped with shaved **parmesan**.

Eat your way
to healthy!



Spinach is an extremely nutrient-rich vegetable, packing high doses of carotenoids, vitamin C, vitamin K1, B9, iron and calcium. It is also high in insoluble fibre.

Spinach has been linked to a host of health benefits; it may decrease oxidative stress, improve eye and bone health, and help prevent heart disease and cancer.

Nutritional information*

| | Per 450g serve | Per 100g |
|--------------|-----------------|----------------|
| Energy | 3108kJ (691Cal) | 743kJ (165Cal) |
| Protein | 18.9g | 4.2g |
| Fat, total | 24.5g | 5.5g |
| - Saturated | 7.6g | 1.7g |
| Carbohydrate | 101.0g | 23.0g |
| - Sugars | 4.0g | 1.0g |
| Sodium | 1536mg | 341mg |

* Nutritional information is based on averages