



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Capers


Capers are actually little flower buds!  
They come from a plant called Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



## L2 Rigatoni Carbonara with Mushrooms and Crispy Capers

Fresh rigatoni pasta from Perth locals, Vesuvio, with hearty mushrooms sautéed with crushed garlic, served carbonara-style, tossed with baby spinach and served with crispy fried capers and parmesan cheese.

 20 minutes

 2 servings

 Vegetarian

5 August 2022

## Switch it up!

*Instead of whisking the eggs to make carbonara, you can fry them. Toss the pasta through the cooked vegetables, some olive oil and the parmesan cheese, then serve with fried eggs on top.*

Per serve: **PROTEIN** 54g **TOTAL FAT** 31g **CARBOHYDRATES** 103g

## FROM YOUR BOX

FRESH PASTA	1 packet (250g)
BROWN ONION	1
MUSHROOMS	1 bag (300g)
FREE-RANGE EGGS	6-pack
PARMESAN CHEESE	1 packet
BABY CAPERS	1 jar
BABY SPINACH	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove

## KEY UTENSILS

2 frypans, saucepan

## NOTES

We do not recommend seasoning the eggs with salt as the parmesan cheese and crispy caper topping add salty components to the dish.

The residual heat from the cooked vegetables and frypan will safely cook the eggs.

**No gluten option** – fresh pasta is replace with **gluten-free fresh pasta**. Cook according to packet instructions.



### 1. COOK THE PASTA

Bring a large saucepan of water to the boil.

Add pasta to boiling water. Cook for 4–6 minutes until pasta is al dente. Reserve **1/4 cup cooking liquid**. Drain pasta.



### 2. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium–high heat with **oil**. Dice onion and slice or tear apart mushrooms. Add to pan along with **1/2 crushed garlic clove**. Sauté for 5–7 minutes until brown. Season with **salt and pepper**.



### 3. PREPARE THE EGGS

Meanwhile, crack **3 eggs** into a bowl. Add **3/4 packet parmesan cheese**. Season with **pepper** (see notes) and whisk to combine.



### 4. FRY THE CAPERS

Heat a small frypan over medium–high heat with **1/2 tbsp olive oil**. Drain and rinse capers. Pat dry and add to pan along with remaining **crushed garlic**. Cook for 4–5 minutes until capers become crispy. Remove to a plate lined with paper towel.



### 5. TOSS THE PASTA

Add pasta and baby spinach to frypan, toss to combine. Cook for 2–3 minutes until spinach is wilted. Remove frypan from heat and toss through **reserved cooking liquid** and egg mixture. Toss well to combine (see notes).



### 6. FINISH AND SERVE

Divide tossed pasta among shallow bowls. Top with crispy capers and garnish with remaining parmesan cheese.

**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](mailto:hello@dinnertwist.com.au)

