

*myfoodbook*<sup>®</sup>  
**foodbook**

30 MINUTE

*Meals*



*Fast & easy* **RECIPE IDEAS**





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FUSS FREE BREAKFASTS

QUICK FIX SNACKS

SUPER-EASY LIGHT MEALS

WINNING CHICKEN DINNERS

SPEEDY PASTA DISHES





*Time saving*  
PRODUCTS



PERFECT  
for *Kids*

## NAKED CORN CHIPS

Made from super ancient grains including quinoa, chia and sorghum, *Cobs Naked Corn Chips* are great served with your favourite dips or crumbled over salads for extra crunch.



## SHORT ON TIME? *No worries...*

Look out for *Lilydale Free Range Chicken* now available in convenient freezer packs. Choose from chef inspired chicken tenders or schnitzels with crumb coatings including Lemon & Pepper and Herb Ciabatta.



# BIG FLAVOUR

## *Little effort*

Craving creamy pasta but not the calories? New *Perfect Italiano Ricotta Pasta Stir Through* is available in three varieties. Simply cook up your pasta and stir through - easy!



Quick  
DINNER  
IDEAS

## *Always* EGGS

If you've got eggs, you've got a meal! Packed with protein, you can pair eggs with virtually any fresh ingredient to make your own spin on scrambled or omelette in no time.

## NOT JUST FOR *Spreading*



Adding a flavour hit to your favourite veggies doesn't get any easier. Simply add a teaspoon or smear of *Western Star Spreadable* just before serving. It's that simple.





*fuss free*  
*breakfasts*

KEEP CALM AND CARRY ON WITH YOUR MORNING  
ROUTINE WHILE STILL ENJOYING A GREAT BREAKFAST



*Tip*

Eggs are an excellent source of protein





# SPICY SCRAMBLED

## *egg breakfast rolls*

 **PREP 10 MINS**  **COOK 6-8 MINS**  **SERVES 4**

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### INGREDIENTS

4 x 15cm pieces French bread  
stick (or use 4 long bread rolls)  
¼ cup peri peri spicy mayonnaise  
6 large eggs, at room temperature  
⅓ cup milk  
½ tsp dried chilli flakes  
2 tbs butter, chopped  
60g rocket leaves

### METHOD

1. Halve bread and spread cut sides with mayonnaise
2. Use a fork to whisk eggs, milk and chilli flakes in a bowl until just combined. Set aside for a few minutes to allow foam to settle
3. Heat a medium non-stick frying pan over medium heat. Add butter, melt and swirl to coat pan base. Add egg mixture and cook without stirring for 30 seconds
4. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting the pan to allow the uncooked egg to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset. Remove from heat
5. Gently fold the egg mixture once more. Divide scrambled eggs and rocket between bread. Season and serve





*Tip*

.....  
This is a great dish  
for using up those  
leftover veggies



# AUSSIE BUBBLE AND SQUEAK WITH FRIED

## *egg topper*

 **PREP 10MINS**  **COOK 15 MINS**  **SERVES 2**

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### INGREDIENTS

*1 tbs olive oil + cooking oil spray*  
*500g leftover roasted vegetables (such as sweet potato, pumpkin, potato and carrots), roughly chopped*  
*1 cup frozen peas*  
*2 eggs, at room temperature*

### METHOD

1. Heat oil in a medium non-stick frying pan over medium heat. Add roasted vegetables and cook, tossing often, for 4-5 minutes until vegetables are hot and crisp at the edges. Toss through peas and keep warm over low heat
2. Spray a separate medium non-stick frying pan with oil to grease. Heat over medium heat. Crack eggs into pan and fry until cooked to your liking. Top vegetables with fried eggs, season and serve





## tip

This recipe is great for fussy kids as they can't resist the star shaped toast!



# SCRAMBLED EGGS WITH

## *star toast*



PREP 5 MINS



COOK 10 MINS



SERVES 2

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### INGREDIENTS

4 eggs, lightly beaten

2 tbsp full cream milk or cream

15g Western Star Spreadable,  
plus extra for toast

4 thick slices white, brown or  
multigrain bread

### METHOD

1. Place the eggs and milk into a medium bowl and season with salt and pepper. Whisk until frothy
2. Melt Western Star Spreadable in a medium non-stick frying pan over a medium heat. Once melted, add the eggs, and stir gently with a wooden spoon for 2 minutes or until the eggs are just set. Remove the pan from the heat
3. Place the slices of bread in the toaster, and toast until golden. Once toasted, spread with Western Star Spreadable, and then get the kids to help you use a cookie cutter to cut into star shapes
4. Serve the eggs immediately with the star toast





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## COOKING SCHOOL

Sharpen up on your kitchen skills with the **myfoodbook Cooking School Video Series!**

- *Recipe ideas*
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- *Cooking techniques*
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# *Quick fix* *Snacks*

INSANELY SIMPLE SNACKS TO KEEP  
YOU POWERING BETWEEN MEALS



# Treats

The perfect blend of  
salty and sweet





# CHOCOLATE POPCORN

## *cupcakes*



PREP 15 MINS



COOK 10 MINS



SERVES 12

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## INGREDIENTS

### BASE

*½ cup coconut oil, melted*

*¼ cup coconut sugar*

*¼ cup desiccated coconut*

*1 cup hazelnut meal or almond meal*

*⅓ cup rolled oats*

*2 tablespoons cacao*

### FILLING

*1 cup nut butter of choice*

*½ cup coconut oil, melted and slightly cooled*

*3 tablespoons agave nectar*

*1 teaspoon vanilla extract*

*4 cups Cobs Sea Salt Popcorn*

### TOPPING

*2 tablespoons coconut oil, melted and cooled*

*1-2 tablespoons cacao*

## METHOD

### BASE

1. Pre-heat oven to 180°C or 160°C fan forced. Line a standard 12-hole muffin tin with muffin cases
2. Combine base ingredients in a medium bowl and divide evenly between prepared muffin cases. Gently press into cases to flatten
3. Bake for 10 minutes, remove from oven and cool

### FILLING

1. Combine all filling ingredients in a medium bowl. Pour over cooled bases pressing in gently to secure



### TOPPING

1. Add topping ingredients to a small bowl and whisk to combine
  2. Using a spoon, drizzle over the top of the popcorn then place in the fridge for 1 hour or until set
-





# SPICY STRAWBERRY *and jalapeno salsa*

 **PREP 15 MINS**  **SERVES 4**

## INGREDIENTS

*2-3 x 250g punnets strawberries  
(about 20 strawberries) washed  
and hulled*

*½ Spanish onion, finely diced*

*1 jalapeno, chopped*

*¼ cup coriander chopped*

*Juice of 1 lime (about 1 tbsp)*

*Freshly cracked black pepper*

*168g packet Cobs By the Sea  
Salt Naked Corn Chips*

## METHOD

1. Dice the strawberries into small pieces. Then, combine remaining ingredients in a medium bowl. Toss well
2. Serve immediately with Cobs By the Sea Salt Naked Corn Chips







# POPCORN

## *coconut slice*



**PREP 5 MINS**



**COOK 5 MINS**



**SERVES 10-12**

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### INGREDIENTS

*1/3 cup honey*

*30g butter*

*5 Medjool dates, pitted and chopped*

*120g packet Cobs Lightly Salted,  
Slightly Sweet Popcorn*

*1/2 cup pecans, chopped*

*1/3 cup mixed fruit & nuts (we used  
Goji Berry Super mix) plus extra  
for on top*

### METHOD

1. Grease and line a lamington pan
2. Combine the popcorn, pecans and berry/nut mix in a medium bowl
3. Heat honey, butter and dates in a small saucepan over medium heat, stirring until melted
4. Pour into the popcorn bowl and stir to combine
5. Press into prepared lamington pan, sprinkle with extra berries, nuts and coconut. Chill 30 minutes or until firm. Slice into portions




*Tip*

.....  
This popcorn slice  
can be whipped up  
in 10 minutes





# PIZZA POPCORN

 **PREP 5 MINS**  **COOK 10 MINS**  **SERVES 4**

## INGREDIENTS

*80g packet Cobs Sea Salt Popcorn*  
*40g butter, softened*  
*1 tablespoon pizza sauce*  
*2 teaspoon Tuscan seasoning*  
*1 teaspoon paprika*  
*1 teaspoon garlic powder*  
*1 teaspoon oregano*

## METHOD

1. Pre-heat oven to 180°C/160°C fan forced, grease and line 2 oven trays
2. Grease and line 2 oven trays
3. Combine butter, spices and pizza sauce
4. Put popcorn into a large bowl, add the butter and spices. Stir to combine
5. Spread onto the trays evenly in a single layer. Bake for 10 minutes, stirring half way through
6. Remove from oven and pour into a bowl and serve



# Good from the ground up.



**Since starting Cobs, we have been committed to a single vision.**

To use the very best organic or natural ingredients available with absolutely nothing artificial added. Utilising traditional methods, we make our popcorn in smaller batches so it is consistently great. Made without compromise, because from the very start we wanted to create the perfect healthier snack.



[cobs.com.au](http://cobs.com.au)  





*super easy*  
*light meals*

TAKE IT EASY WITH THESE SIMPLE  
RECIPES IDEAL FOR LUNCH OR DINNER





## tip

A twist on the traditional, try with fried egg instead



# **RAMEN NOODLES**

## *with fried eggs*



**PREP 5 MINS**



**COOK 5 MINS**



**SERVES 2**

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### **INGREDIENTS**

*2 x 120g packs ramen noodles*

*½ cup frozen peas*

*100g red capsicum, chopped*

*2 tablespoons soy sauce*

*1 teaspoon sesame oil*

*3 green onions, sliced*

*4 fried eggs*

### **METHOD**

1. Cook the ramen noodles according to packet instructions. Two minutes before draining, add the peas and capsicum and continue simmering with the noodles, then drain, reserving one tablespoon cooking liquid and return to the pan
2. To serve, toss the combined soy, sesame oil and cooking liquid through the noodles along with the green onions and divide between bowls. Serve topped with fried eggs and a sprinkle of dried chilli if desired





*Tip*

.....  
keep the carbs  
low and use fresh  
zucchini noodles



# SUN-DRIED TOMATO, TUNA AND OLIVE *zucchini noodles*



PREP 5 MINS



COOK 5 MINS



SERVES 2

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## INGREDIENTS

250g Perfect Italiano Ricotta Pasta Stir through, Sundried Tomato

2 spring (green) onions, trimmed and thinly sliced

1/3 cup pitted Kalamata olives

500g fresh spiralised zucchini noodles (see note)

185g can tuna in olive oil, drained and roughly flaked

Salt and pepper, to taste

1/3 cup small basil leaves

Perfect Italiano parmesan, finely grated, to serve

## METHOD

1. Heat a large non-stick frying pan over medium to low heat. Add Perfect Italiano Ricotta Pasta Stir-through, Sundried Tomato, spring onions and olives. Gently stir to combine and heat until hot
2. Gently toss through zucchini noodles. Add tuna, season to taste. Sprinkle with basil and parmesan. Serve with a leafy salad if desired

### NOTE

*Spiralised zucchini noodles are available in the fresh produce section in most large supermarkets. To make 500g spiralised zucchini noodles, you'll need about 600g zucchini. Spiralise the zucchini using a spiraliser or julienne peeler to create long thin ribbons.*





# EASIEST

## *fish fingers*

 **PREP 10 MINS**  **COOK 10 MINS**  **SERVES 4**

### INGREDIENTS

*1 ½ cups dried breadcrumbs*  
*⅓ cup parsley, chopped*  
*⅓ cup Perfect Italiano  
Parmesan, shredded*  
*Grated rind of 1 lemon*  
*4 large firm white fish fillets (blue  
eye, flake etc), cut into thick strips*  
*60g Western Star Salt Reduced  
Butter, melted*  
*Tatare sauce and crispy green  
salad, for serving*

### METHOD

1. Combine breadcrumbs, parsley, parmesan and lemon rind in a large bowl
2. Toss fish strips in melted butter, then toss in breadcrumb mixture. Shake off excess crumbs and place fish onto baking paper lined oven trays. Bake at 220°C for 10-15 minutes or until fish fingers are crisp, cooked and golden
3. Serve warm fish fingers with tartare sauce and green salad








*Tip*

.....  
You can use  
leftover rice in  
this recipe



# FRIED RICE

## *with eggs*

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 4**

---

### INGREDIENTS

*8 eggs, medium hard boiled*  
*2 tablespoons canola oil*  
*115g punnet baby corn, halved lengthways*  
*100g snow peas, trimmed and halved*  
*1 clove garlic, crushed*  
*2 teaspoons finely grated ginger*  
*2 cups shredded Chinese cabbage*  
*4 cups cooked long grain rice*  
*1/3 cup soy sauce*  
*4 green onions, sliced*  
*1/2 cup bean sprouts, trimmed*

### METHOD

1. Heat the oil in a wok or large deep frying pan over medium heat
2. Cook the baby corn for 1-2 minutes then add the snow peas, garlic and ginger. Cook for another 1-2 minutes until tender
3. Toss the cabbage in the wok, cook for a minute until starting to wilt then stir in the rice and cook for 4-5 minutes until heated through
4. Stir the soy through the rice, and cook for another 2-3 minutes, moving the rice around the wok to mix in with the soy evenly
5. To serve, cut the egg into thick slices. Divide the rice between serving bowls and top with egg, a scatter of green onions and bean sprouts



# FASCINATING FACTS ABOUT EGGS

## EGG-CELLENT *Eggy Facts*

**1** An average hen lays **300-325 EGGS** a year

**2** As a hen grows older she produces **LARGER EGGS**

**3** Eggs contain the **HIGHEST QUALITY PROTEIN** you can buy

**4** **LEFTOVER EGG WHITES** can be frozen in a zip lock bag until you're ready to use

**5** To tell if an **EGG IS FRESH** place it in a glass of water and if it sinks, it's still good

**6** If an egg is **ACCIDENTLY DROPPED** on the floor, sprinkle it heavily with salt for easy clean up

**EGG Hack**





# *Winning chicken dinners*

STEP UP DINNER TIME WITH THESE SUPER SIMPLE  
AND QUICK TO PREPARE CHICKEN DINNERS









# HEALTHIER CHICKEN SCHNITZEL BURGERS

## *with avocado smash*

 **PREP 15 MINS**  **COOK 25 MINS**  **SERVES 4**

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### INGREDIENTS

400g Lilydale Free Range Herb Ciabatta Chicken Schnitzels

½ cup reduced fat Greek-style natural yoghurt

2 tablespoons medium peri peri sauce

4 sourdough or seeded bread rolls, halved

4 small ice-berg lettuce leaves

2 Lebanese cucumbers, thinly sliced lengthways

Sweet potato fries, to serve

#### **Avocado smash**

1 large ripe avocado

1 tablespoon lemon juice

75g feta, crumbled

### METHOD

1. Cook Lilydale free range herb ciabatta chicken schnitzels following packet directions.
2. Meanwhile, to make avocado smash, halve avocado lengthways, remove the seed and roughly chop. Place into a bowl. Add lemon juice and season with salt and pepper. Roughly mash with a fork. Stir through feta. Set aside.
3. Combine yoghurt and peri peri sauce in a small bowl until smooth. Set aside.
4. Toast bread rolls. Divide avocado smash between bread rolls. Top roll bases with lettuce and cucumber. Halve schnitzels. Top each burger with a schnitzel. Drizzle with peri peri yoghurt and top with roll tops. Serve with remaining peri peri yoghurt and sweet potato fries.

**TIPS:** Once chicken is in the oven, prep your other ingredients. Find Lilydale Schnitzels in the freezer aisle in your local Coles Supermarket







# LEMON & PEPPER CHICKEN

## *& zucchini slaw pitas*



PREP 15 MINS



COOK 20 MINS



SERVES 4

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### INGREDIENTS

350g Lilydale Free Range Lemon & Pepper Chicken Tenders

4 pita pocket breads

Extra kewpie mayonnaise and lemon wedges, to serve

#### Zucchini slaw

250g packet fresh zucchini noodles

1 carrot, grated

3 cups finely shredded

Savoy cabbage

½ small red onion, very thinly sliced

¼ cup Kewpie mayonnaise

### METHOD

1. Cook Lilydale frozen lemon & pepper chicken tenders following packet directions. Warm pita breads in the oven in the last few minutes of the chicken cooking
2. Meanwhile, to make zucchini slaw, cook zucchini noodles following packet directions. Rinse in cold water and set aside to drain. Wrap zucchini noodles in paper towel and squeeze out excess water. Combine zucchini noodles, carrot, cabbage and onion in a bowl. Season with salt and pepper. Add mayonnaise and toss to combine
3. Halve chicken tenders lengthways. Halve pita breads and fill each halved pita bread with zucchini slaw and chicken tenders. Serve with extra mayonnaise and lemon wedges

**TIP:** Once chicken is in the oven, prep your other ingredients. Find Lilydale Tenders in the freezer aisle in your local Coles Supermarket





## Tip

When slicing the Brussels sprouts, keep any leaves that fall off and add to the pan



# LEMON & PEPPER CHICKEN

## *nourish bowls*



**PREP 15 MINS**



**COOK 20 MINS**



**SERVES 4**

---

### INGREDIENTS

2 x 350g Lilydale Free Range Lemon & Pepper Chicken Tenders

1 tablespoon olive oil

500g small Brussels sprouts, finely sliced lengthways

2 spring onions, trimmed and thinly sliced

2 garlic cloves, finely chopped

450g pkt 2 ½-minute brown rice

⅓ cup pepitas

⅓ cup flaked natural almonds

200g snow peas, trimmed and blanched

Mint leaves and lemon wedges, to serve

#### **Tahini yoghurt dressing**

½ cup Greek-style natural yoghurt

1 tablespoon tahini

1 tablespoon lemon juice

### METHOD

1. Cook Lilydale frozen Lemon & Pepper Chicken Tenders following packet directions
2. Meanwhile, to make tahini yoghurt dressing, place all ingredients in a small bowl. Season with salt and pepper. Mix until combined. Set aside
3. Heat oil in a large frying pan over medium-high heat. Add sprouts, green onions and garlic. Cook, tossing often, for 4-5 minutes until just tender. Reduce heat and keep warm
4. Cook rice in the microwave following packet directions. Place into a bowl. Toss through half of the pepitas and almonds. Set remaining pepitas and almonds aside
5. Divide rice mixture, sprouts and snow peas among shallow serving bowls. Slice chicken lengthways and add to bowls. Drizzle with tahini yoghurt dressing. Scatter with remaining pepitas and almonds. Sprinkle with mint leaves and serve with lemon wedges

**TIP:** Once chicken is in the oven, prep your other ingredients. Find Lilydale Tenders in the freezer aisle in your local Coles Supermarket

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# CHICKEN SCHNITZEL & EGGPLANT

## *parmigiana*

 **PREP 15 MINS**  **COOK 30 MINS**  **SERVES 4**

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### INGREDIENTS

400g Lilydale Free Range Herb  
Ciabatta Chicken Schnitzels

Olive oil, for shallow frying

400g eggplant, cut into  
1cm thick rounds

500g jar tomato pasta sauce

180g tub bocconcini, drained  
and torn

Basil leaves, steamed broccolini  
and crusty bread, to serve

### METHOD

1. Cook Lilydale free range herb ciabatta chicken schnitzels following packet directions, for 15 minutes (instead of 25 minutes as per packet directions)
2. Meanwhile, heat ½ cm oil in a large frying pan over medium-high heat. Cook eggplant, in 2 batches (adding extra oil as needed), for 3-4 minutes on each side until golden. Drain on paper towel
3. Pour tomato sauce into a heatproof bowl, cover and heat in the microwave on high for 1-2 minutes until hot and bubbling
4. Pour two thirds of the hot tomato sauce into a 6-cup (about 5cm deep) baking dish. Arrange eggplant and schnitzels in sauce. Drizzle with the remaining tomato sauce and scatter with bocconcini. Bake at 180 °C fan-forced for 12-15 minutes until bocconcini begins to melt. Scatter with basil leaves. Serve with steamed broccolini and crusty bread

**TIP:** *Once chicken is in the oven, prep your other ingredients. Find Lilydale Schnitzels in the freezer aisle in your local Coles Supermarket*





# LILYDALE. THE FREE RANGE YOU LOVE, NOW IN THE FREEZER.

Available exclusively at Coles





*speedy*  
*pasta dishes*

A COLLECTION OF FAST AND WARMING PASTA  
RECIPES THAT CAN BE WHIPPED UP IN 30 MINUTES








*Tip*

.....  
Chicken and mushrooms are a classic pasta dinner combination



# CHICKEN AND MUSHROOM FARFALLE WITH

## *four cheese ricotta*

 **PREP 7 MINS**  **COOK 14 MINS**  **SERVES 4**

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### INGREDIENTS

500g farfalle

1 tbsp. olive oil

2 skinless chicken breasts, chopped into 2cm pieces

250g button or swiss brown mushrooms, sliced

450g Perfect Italiano Ricotta Pasta Stir Through, Four Cheese

Salt and Pepper to taste

1/3 cup parsley finely chopped to garnish

### METHOD

1. Cook pasta according to packet instructions
2. Meanwhile, add olive oil to a large pan and place over medium to high heat. Once hot add the chicken and mushrooms and fry until cooked and golden. Turn heat to low and add drained cooked pasta to the pan
3. Add Perfect Italiano Ricotta Pasta Stir Through Four Cheese to the pot and gently stir through
4. Once warmed through, season to taste and garnish with parsley



ADD A LITTLE WATER IF YOU WANT YOUR SAUCE A BIT THINNER







# BEEF RAVIOLI WITH THYME BURNT BUTTER

## *and bacon*



PREP 10 MINS



COOK 20 MINS



SERVES 2

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### INGREDIENTS

375g packet of beef ravioli  
80g Western Star Original Butter  
3 rashers middle bacon, chopped  
3 sprigs thyme, leaves picked  
2 cloves garlic, finely chopped  
1 handful baby spinach, washed  
Salt and pepper, to taste  
½ cup Perfect Italiano  
Parmesan, shaved

### METHOD

1. Cook the ravioli according to packet instructions. Drain into a colander
2. While the pasta is cooking, add the butter to a large frying pan over a medium heat. When the butter melts and starts to foam, add the bacon and fry until golden brown
3. Add the thyme and garlic and continue to fry for another minute. Turn off the heat and stir through the spinach and pasta. Season with salt and pepper
4. Serve the pasta with Perfect Italiano Shaved Parmesan on top



# GARLIC BREAD

*in no time!*

Simply blend *Western Star Spreadable* with your favourite herbs, cut a french stick and spread on both sides. Re-assemble the bread, wrap in foil and cook for 20 min in 180° C oven.



**It's that simple.**



*easy vegetarian*





# GARLIC AND HERB RICOTTA

## *penne*

 **PREP 5 MINS**  **COOK 18 MINS**  **SERVES 4**

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### INGREDIENTS

500g penne  
1 tbsp. olive oil  
1 medium red onion, cut into thin wedges  
½ tsp dried chilli flakes  
400g tomato medley or cherry tomatoes  
450g Perfect Italiano Ricotta Pasta Stir through, Garlic & Herb  
Salt and pepper, to taste  
⅓ cup basil leaves  
Grated Perfect Italiano Parmesan, finely grated, to serve

### METHOD

1. Cook pasta according to packet instructions
2. Meanwhile, heat olive oil in a large frying pan over medium to high heat. Add the onion and fry, stirring often, until almost tender. Add chilli flakes and tomatoes and fry, stirring often, until tomatoes are hot and softening
3. Reduce heat to low and add the drained cooked pasta. Add Perfect Italiano Ricotta Pasta Stir Through, Garlic & Herb and gently stir until well combined and hot. Season to taste, scatter with basil leaves and serve with grated parmesan



## *Top Tip*

Fry your veggies  
in butter for a  
caramelised  
flavour





# GARLIC, LEMON PAN FRIED GNOCCHI WITH *basil ricotta*

 **PREP 5 MINS**  **COOK 12 MINS**  **SERVES 4**

---

## INGREDIENTS

2 sprigs basil, shredded  
200g Perfect Italiano Ricotta  
500g gnocchi  
150g Western Star Original  
Salted Butter  
2 garlic cloves, chopped  
½ onion, diced  
40g pine nuts  
1 sprig parsley & thyme, chopped  
1 lemon (zest & juice)  
100g spinach  
Salt & pepper

## METHOD

1. In a bowl combine the basil and Perfect Italiano Ricotta, check seasoning
2. Cook gnocchi according to packet instructions, strain and allow to dry for a moment
3. Heat a large pan over a medium heat, add ½ the Western Star butter, garlic, onion, pine nuts and gnocchi to the pan, and caramelize for 5 minutes on all sides
4. Add the chopped herbs, lemon zest, spinach and remaining Western Star butter, then increase heat for 1 minute
5. Remove the pan from heat, and season with salt and pepper
6. Serve the gnocchi with a generous sprinkle of Perfect Italiano Parmesan, dollops of the basil ricotta combination and a squeeze of lemon





*Tip*

.....  
Family favourite  
carbonara  
without the  
cream!





# EASY FOUR CHEESE SPAGHETTI

## *carbonara*

 **PREP 5 MINS**  **COOK 18 MINS**  **SERVES 4**

---

### INGREDIENTS

500g spaghetti

1 tbsp olive oil

200g short-cut bacon  
rashers, chopped

450g Perfect Italiano Ricotta Pasta  
Stir Through, Four Cheese

Salt and pepper, to taste

½ cup flat-leaf parsley leaves,  
roughly chopped

Perfect Italiano Parmesan,  
finely grated, to serve

### METHOD

1. Cook pasta according to packet instructions. Once cooked, drain, reserving a small amount of pasta water
2. Meanwhile, heat olive oil in the large non-stick frying pan over medium to high heat. Add bacon and fry, stirring often, until crispy
3. Reduce heat to low and add the cooked pasta and pasta water. Add Perfect Italiano Ricotta Pasta Stir Through, Four Cheese and gently stir until well combined and hot
4. Season to taste, gently toss through the parsley. Serve with Perfect Italiano Grated Parmesan



ENJOY A CREAMY  
TEXTURE WITHOUT  
THE CALORIES BY  
USING RICOTTA



# CREAMY PASTA WITHOUT THE CREAM



A delicious range of convenient and authentic ricotta pasta stir through sauces from Perfect Italiano. With 80% less fat than cream, you can enjoy delicious creamy pasta more often. Simply stir through hot pasta for a perfect Italian pasta meal in no time. Available in Woolworths and Independent Supermarkets.

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