



CAVATAPPI DE CECCO

with Buffalo Mozzarella and rocket (green, white and red Viva I'Italia)

CAVATAPPI DE CECCO



Serves

4 people

Ingredients available at Mediterranean Foods

Ingredients

- 400g Cavatappi pasta De Cecco
- 2 Cups of peeled and cubed fresh tomatoes
- 2 Cups of roughly chopped sun-dried tomatoes
- 1 Buffalo mozzarella Pastorano
- 4 Tablespoons extra virgin olive oil
- Salt for seasoning
- 2 Cloves of garlic finely sliced
- 2 Tablespoons of finely chopped Italian parsley
- 20g Fresh rocket

1. Bring plenty of salty water to the boil, pour the Cavatappi pasta in and give it a stir.
 2. In a large pan pour the oil and the garlic and start to gently fry.
 3. After 30 seconds add the parsley first then the fresh and the sun-dried tomatoes and season with salt and simmer for no more than 2 minutes.
 4. When the pasta is 'al dente' reserve a little water of the cooking to add to the sauce if it is too dry.
 5. Toss the pasta into the sauce and mix through.
 6. Place the pasta in four bowls, rip the mozzarella by hand in small pieces and place it on top of the pasta.
 7. Garnish with a chiffonade of fresh rocket
- Buon Appetito!*

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