



# SWEET POTATO AND GOATS CHEESE PENNE PASTA

A delicious dinner recipe using our new **Organic Kamut Penne Rigate Pasta**. The combination of lemon, chives, goats cheese and pine nuts is divine. You will love this recipe. Enjoy!

## **Ingredients:**

2 cups cooked **organic kamut penne pasta**

20 grams butter

2 tablespoons of olive oil

1 medium sweet potato peeled into strips with a potato peeler

1 clove of crushed garlic

2 teaspoons of lemon rind

1 tablespoon of lemon juice

2 tablespoons of chopped chives (keep some aside for the garnish)

60gram fresh rocket

60grams goats cheese

1 tablespoon toasted **organic pine nuts**

## **Method:**

Cook the penne for 12-15 minutes until al dente. Drain and put aside.

Heat the butter and 1 tablespoon of olive oil in a fry pan, then add the peeled sweet potato and cook for 2 minutes.

Add the garlic and lemon rind and cook for a further 2 minutes.  
Combine the lemon juice, 3/4's of the chives and remaining olive oil in a small bowl.  
Add the pasta to the frying pan and toss the ingredients for 1 minute until heated through.  
Remove from heat, add the rocket and chive mixture and combine.  
Season with salt and black pepper to your taste.  
Serve on a plate then top with crumbled goats cheese and a sprinkling of pine nuts and chopped chives. Enjoy!

NOTE: This dish can be served hot, or enjoyed cold as a pasta salad. Whatever your fancy!

**Refined Sugar Free | Delicious**