



Creamy Tomato Ravioli with Tenderstem® Broccoli and Spinach

Super Quick 10-15 Minutes

4



Tenderstem® Broccoli



Spinach & Ricotta Ravioli



Tomato Puree



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Serrano Ham

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Tenderstem®	80g	150g	150g
Broccoli**			
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	150g	150g
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Serrano Ham**	2	3	4
Pantry	2P	3P	4P
Water*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	253g	100g	268g	100g
Energy (kJ/kcal)	1963 / 469	777 / 186	2109 / 504	788 / 188
Fat (g)	23.2	9.2	24.6	9.2
Sat. Fat (g)	13.1	5.2	13.5	5.0
Carbohydrate (g)	45.9	18.2	45.9	17.2
Sugars (g)	10.4	4.1	10.4	3.9
Protein (g)	17.7	7.0	23.2	8.7
Salt (g)	3.06	1.21	3.96	1.48

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Quick Prep

- Boil a full kettle.
- Meanwhile, cut the **broccoli** into thirds.
- Pour the **boiled water** into a saucepan with ½ **tsp salt** on high heat.
- Boil the **ravioli** and **broccoli**, 3 mins.
- Once cooked, drain and pop back into the pan. Drizzle with **oil** and stir through.

3



Mix Together

- Next, add the **cheese**, **pasta** and **broccoli** to the **sauce**.
- Season with **salt** and **pepper**.
- Stir, 1 min.

2



Sauce Time

- Meanwhile, heat a drizzle of **oil** in another saucepan on medium-high heat.
- Once hot, stir in the **tomato puree**, **creme fraiche**, **veg stock paste** and **water** (see pantry).
- Bring to a boil, then simmer, 1-2 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.

CUSTOM RECIPE

If you've chosen to add **Serrano ham**, cook before the **sauce**. Fry, 2-3 mins, then transfer to a lined plate.

4



Dinner's Ready!

- Share your **creamy tomato ravioli** between your bowls.

Enjoy!

CUSTOM RECIPE

When your **pasta** is ready, arrange the **Serrano ham** on top.