



Arrabbiata Style Spinach and Ricotta Ravioli with Chilli Flakes and Cheese

21

Super Quick 15 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Bell Pepper



Spinach and Ricotta Ravioli



Finely Chopped Tomatoes with Basil



Red Wine Stock Paste



Mixed Herbs



Chilli Flakes



Grated Hard Italian Style Cheese



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	432g / 2165 / 517	100g / 501 / 120
Fat (g)	19.9	4.6
Sat. Fat (g)	11.0	1.7
Carbohydrate (g)	65.8	15.2
Sugars (g)	24.6	5.7
Protein (g)	17.2	4.0
Salt (g)	5.84	1.35

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

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

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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Get Frying

- Boil a full kettle.
- Slice the **pepper** into strips.
- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **pepper**, 4-5 mins. Season with **salt** and **pepper**.



Arrabbiata Sauce

- Add the **chopped tomatoes**, **red wine stock paste**, **mixed herbs**, **sugar** (see • pantry) and the **chilli flakes** (see ingredients) to the frying pan. Stir and bring to the boil.
- Add the **pasta**. Toss to coat.
- Stir in the **cheese** and the **butter** (see pantry) until melted.
- Remove from the heat.



Ravioli Time

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **ravioli**, 3 mins.
- Once cooked, drain.



Dinner's Ready!

- Serve the **ravioli** in bowls.
- Sprinkle over the remaining **chilli flakes**.
- Top with a handful of **rocket**.

Enjoy!