



Creamy Gochujang Spinach & Ricotta Ravioli with Mushrooms, Cheese and Crispy Onions

21

Quick 15-20 Minutes • **Medium Spice** • 1 of your 5 a day



Sliced Mushrooms



Garlic Clove



Gochujang Paste



Vegetable Stock Paste



Spinach and Ricotta Ravioli



Creme Fraiche



Grated Hard Italian Style Cheese



Crispy Onions



Wild Rocket



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Butter

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. Ingredients in **red** are hot!

Cooking tools

Saucepan, frying pan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Sliced Mushrooms**	180g	240g	360g
Garlic Clove**	2	3	4
Gochujang Paste 11)	30g	50g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Crème Fraîche* 7)	75g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
Wild Rocket**	20g	40g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	365g	100g	410g	100g
Energy (kJ/kcal)	2454 / 586	672 / 161	2941 / 703	717 / 171
Fat (g)	34.8	9.5	43.9	10.7
Sat. Fat (g)	19.9	5.5	22.8	5.6
Carbohydrate (g)	50.5	13.8	51.4	12.5
Sugars (g)	11.9	3.3	11.9	2.9
Protein (g)	17.3	4.8	25.0	6.1
Salt (g)	4.10	1.12	5.33	1.30

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

Allergens

7) Milk **8)** Egg **10)** Celery **11)** Soya **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, cereals containing 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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Fry the Mushrooms

a) Boil a full kettle, then pour the **boiled water** into a saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

b) Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

c) Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, cook with the **mushrooms** on medium-high heat instead for the same amount of time, then continue as instructed. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**



Hey Ravioli

a) Meanwhile, add the **ravioli** to your pan of **boiling water** and bring back to the boil.

b) Cook until tender, 3 mins.

c) Once cooked, drain in a colander. Drizzle with **oil** and gently stir through to stop it sticking together.



Prep the Garlic

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).



All Together Now

a) Once the **sauce** has reduced, stir the **crème fraiche**, **butter** (see pantry for amount) and **half the hard Italian style cheese** into the pan.

b) Simmer for 1 min. Add a splash of **water** if it's a little too thick, then remove from the heat.

c) Taste and season with **salt** and **pepper** if needed.

d) Add the **cooked ravioli** to the **sauce** and stir gently to combine.



Time for Flavour

a) Add the **gochujang paste** (add less if you'd prefer things milder) and **garlic** to the **mushrooms**. Stir-fry for 30 secs.

b) Stir in the **veg stock paste** and **water for the sauce** (see pantry for amount).

c) Bring to the boil, then lower the heat and simmer until the liquid has reduced slightly, 2-3 mins.



Serve Up

a) Share the **ravioli** between your bowls and sprinkle over the remaining **hard Italian style cheese**.

b) Garnish with the **crispy onions**.

c) Serve the **rocket** on the side with a drizzle of **olive oil**.

Enjoy!