



# Parmigiano and Parma Ham Pasta Puttanesca

with Tenderstem® Broccoli, Olives, Chilli Flakes and Rocket

**Quick** 10-15 Minutes • Mild Spice

44



Tenderstem®  
Broccoli



Parma Ham &  
Parmigiano Reggiano  
Filled Pasta



Tomato Puree



Chicken Stock  
Paste



Olives



Grated Hard  
Italian Style Cheese



Chilli Flakes



Wild Rocket



Balsamic Glaze

**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.

## Cooking tools

Kettle, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Parma Ham & Parmigiano Reggiano Filled Pasta* <b>7) 8) 13)</b>	250g	375g	500g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Olives	30g	45g	60g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Wild Rocket**	40g	60g	80g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>299g</b>	<b>100g</b>
Energy (kJ/kcal)	2218 / 530	742 / 177
Fat (g)	25.9	8.7
Sat. Fat (g)	13.7	4.6
Carbohydrate (g)	51.9	17.4
Sugars (g)	13.4	4.5
Protein (g)	20.0	6.7
Salt (g)	3.95	1.32

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

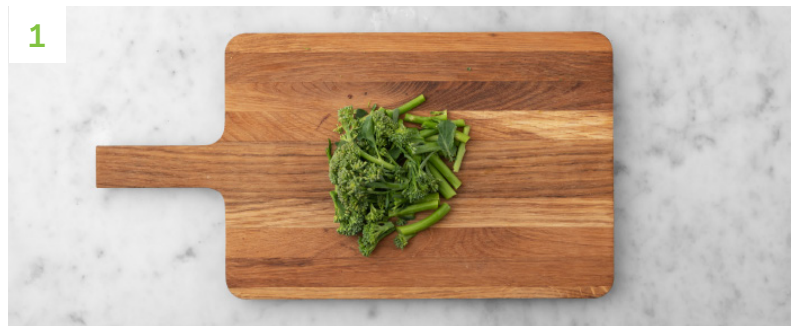
Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



1



## Get Prepped

- Boil a full kettle.
- Cut the **Tenderstem® broccoli** into thirds.
- Pour the **boiled water** into a saucepan with **½ tsp salt**. Bring back to the boil.

2



## Ravioli Ravioli

- Boil the **ravioli** and **broccoli**, 3-4 mins.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Fry the **tomato puree**, 1-2 mins.

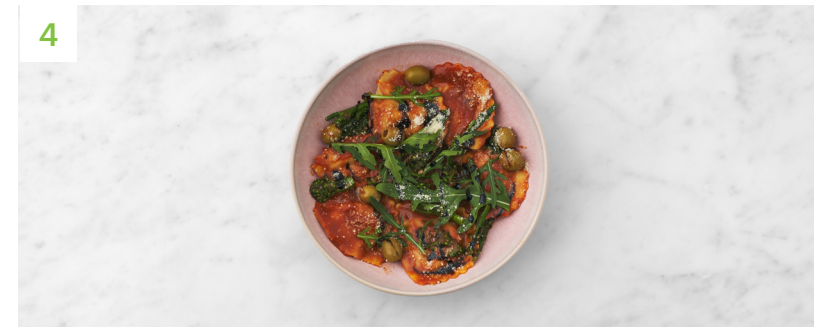
3



## Sauce Time

- Next, add the **chicken stock paste, sugar** and **water** (see pantry for both).
- Simmer, 1-2 mins.
- Reduce the heat. Stir through the **butter** (see pantry).
- Drain the **ravioli** and **broccoli**.

4



## Dinner's Ready!

- Gently stir the **ravioli, broccoli, olives, hard Italian style cheese** and **chilli flakes** (add less if you'd prefer things milder) into the **sauce**.
- Share between your bowls.
- Top with the **rocket** and drizzle over the **balsamic glaze** to finish.

## Enjoy!