



Spinach and Ricotta Ravioli in Tomato Sauce with Pesto and Ciabatta

Super Quick 15 Minutes • 2 of your 5 a day

21



Finely Chopped Tomatoes with Onion and Garlic



Dried Basil



Vegetable Stock Paste



Spinach and Ricotta Ravioli



Baby Spinach



Ciabatta



Fresh Pesto



Grated Hard Italian Style Cheese



Serrano Ham

Pantry Items

Oil, Salt, Pepper, Sugar, 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.

Cooking tools

Kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Dried Basil	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Baby Spinach**	40g	100g	100g
Ciabatta 13)	1	1½	2
Fresh Pesto** 7)	32g	48g	64g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Serrano Ham**	2	3	4
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	428g	100g	443g	100g
Energy (kJ/kcal)	2710 /648	634 /151	2856 /683	645 /154
Fat (g)	28.0	6.5	29.4	6.6
Sat. Fat (g)	12.5	2.9	12.9	2.9
Carbohydrate (g)	76.2	17.8	76.2	17.2
Sugars (g)	20.2	4.7	20.2	4.6
Protein (g)	20.6	4.8	26.2	5.9
Salt (g)	5.79	1.35	6.69	1.51

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, 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. Be careful when adding water to hot pans while cooking.

Contact

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Sauce On

- Boil a full kettle.
- Meanwhile, in a saucepan, combine the **chopped tomatoes, dried basil, veg stock paste** and **sugar** (see pantry).
- Bring to the boil.
- Simmer, 3-4 mins.

2



Pasta Time

- Meanwhile, pour the **boiled water** into another saucepan with **½ tsp salt**.
- Boil the **ravioli**, 3 mins.
- Once cooked, drain.
- Drizzle with **oil** and stir through.

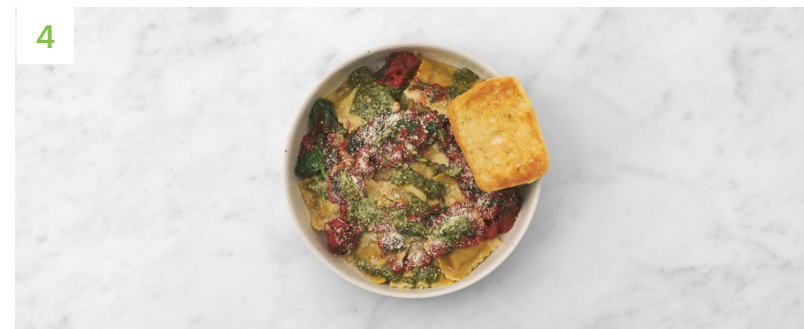
3



Finish Up

- When the **sauce** is ready, season with **salt** and **pepper**. Stir in the **butter** (see pantry).
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Meanwhile, halve the **ciabatta**. Toast the **ciabatta** halves in your toaster until golden.

4



Dinner's Ready!

- Share the **ravioli** between your bowls.
- Spoon over the **tomato sauce**.
- Drizzle over the **pesto**, then sprinkle on the **cheese**.
- Serve the **ciabatta** on the side with a drizzle of **oil**.

Enjoy!

CUSTOM RECIPE

If you've chosen to add **Serrano ham** to your meal, arrange it over the top of your **pasta** when you're ready to serve.