



Speedy Cheesy Spinach & Ricotta Ravioli with Apple Slices

Kid Friendly 10-15 Minutes • 1 of your 5 a day • Veggie

14A

Find all your unchilled Market items in bag A.



Mature Cheddar Cheese



Spinach and Ricotta Ravioli



Apple



Creme Fraiche



Vegetable Stock Paste

Pantry Items
Salt

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, grater, saucepan, colander and bowl.

Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	80g
Spinach and Ricotta Ravioli** 7) 8) 13)	250g
Apple**	2
Crème Fraîche** 7)	75g
Vegetable Stock Paste 10)	10g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	298g	100g
	2513 /601	845 /202
Fat (g)	34.5	11.6
Sat. Fat (g)	20.1	6.7
Carbohydrate (g)	51.2	17.2
Sugars (g)	16.5	5.6
Protein (g)	22.0	7.4
Salt (g)	3.42	1.15

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, mollusc, 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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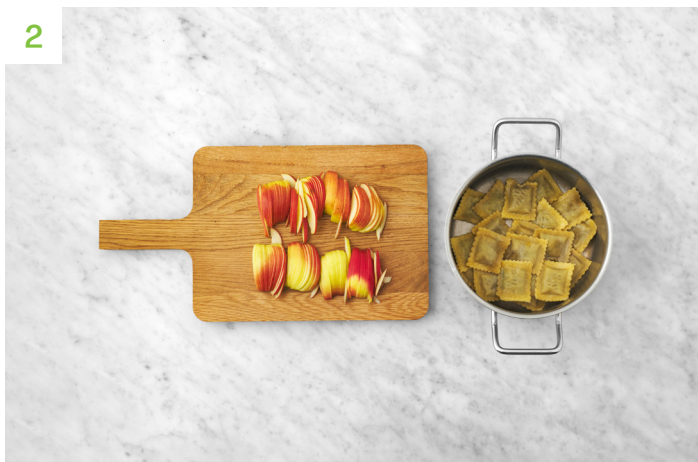
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2



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To Start

a) Boil a full kettle. Meanwhile, grate the **cheese**.

b) Pour the **boiled water** into a medium saucepan with $\frac{1}{2}$ **tsp salt** and bring back to the boil.

c) Add the **ravioli** and cook until tender, 3 mins.

Easy Cheesy Sauce

a) While the **pasta** boils, quarter, core and slice the **apples** (no need to peel).

b) Once cooked, drain the **pasta** in a colander and return to the pan off the heat.

Finish and Serve

a) Add the **crème fraîche**, **vegetable stock paste** and **three quarters** of the **cheese**, then stir to melt the **cheese**, 1-2 mins.

b) Divide the **pasta** between 2 serving bowls and scatter over the remaining **cheese**.

c) Serve the **apple slices** on the side.

Enjoy!