



# Creamy Cajun Spinach and Ricotta Ravioli

with Charred Courgette and Rocket

4

Classic 25-30 Minutes • **Very Hot** • 1 of your 5 a day



Garlic Clove



Courgette



Spinach and Ricotta Ravioli



Cajun Spice Mix



Tomato Puree



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



British Smoked Bacon Lardons

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

#### + Add Bacon Lardons

If you chose to add bacon lardons, 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, garlic press, frying pan, bowl and colander.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Courgette**	1	1½	2
Spinach and Ricotta Ravioli** <b>7) 8) 13)</b>	250g	375g	500g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Creme Fraiche** <b>7)</b>	75g	120g	150g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Wild Rocket**	20g	30g	40g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
British Smoked Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	125ml	150ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	378g	100g	423g	100g
Energy (kJ/kcal)	2407 /575	637 /152	2895 /692	685 /164
Fat (g)	31.7	8.4	40.9	9.7
Sat. Fat (g)	18.4	4.9	21.2	5.0
Carbohydrate (g)	55.2	14.6	56.1	13.3
Sugars (g)	17.5	4.6	17.6	4.2
Protein (g)	17.7	4.7	25.4	6.0
Salt (g)	3.43	0.91	4.66	1.10

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  
**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, 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

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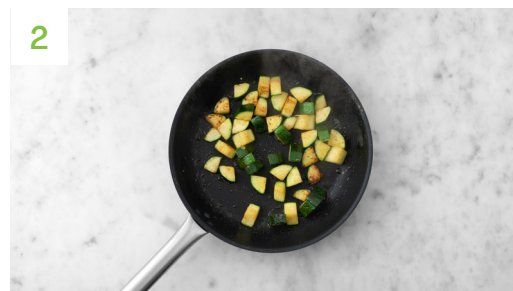


## Get Started

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **ravioli**.

Peel and grate the **garlic** (or use a garlic press).

Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks.



## Char the Courgette

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins. Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.

### + Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **courgette**. Cook for the same amount of time, then stir into the **pasta** in step 5. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Hey Ravioli

Meanwhile, add the **ravioli** to the **water** and bring back to the boil.

Cook until tender, 3 mins. Once cooked, drain in a colander.

Drizzle with **oil** and gently stir through to stop it sticking together.



## Bring the Flavour

Wipe out the (now empty) pan and pop on medium-high heat with a drizzle of **oil**.

Stir in the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder), cook for 1 min.

Add the **tomato puree**, **creme fraiche**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan.

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



## Finish the Sauce

Once the **sauce** has thickened, remove from the heat. Stir in the **butter** (see pantry for amount) and the **hard Italian style cheese** until melted.

Gently stir the **cooked ravioli** and **charred courgette** into the **sauce**. Season with **salt** and **pepper**. Add a splash of **water** if needed.



## Serve

Share the **creamy Cajun ravioli** between your bowls. Top with the **rocket leaves**. Drizzle with the **balsamic glaze** to finish.

## Enjoy!