



Ultimate Beef and Veggie 'Nduja Ravioli

with Garlic Ciabatta, Parmigiano Reggiano and Balsamic Dressed Salad

35

Ultimate 30-35 Minutes • Medium Spice • 2 of your 5 a day



Baby Plum Tomatoes



Garlic Clove



Ciabatta



British Beef Mince



Tomato Passata



Vegan 'Nduja



Red Wine Stock Paste



Spinach and Ricotta Ravioli



Baby Leaf Mix



Balsamic Glaze



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

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, baking tray, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	4	6	8
Ciabatta 13	1	2	2
British Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Red Wine Stock Paste 14	28g	42g	56g
Spinach and Ricotta Ravioli** 7 8 13	250g	375g	500g
Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze 14	12ml	18ml	24ml
Parmigiano Reggiano** 7	20g	30g	40g
Pantry	2P	3P	4P
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	3627 /867	609 /146
Fat (g)	38.4	6.4
Sat. Fat (g)	15.6	2.6
Carbohydrate (g)	86.5	14.5
Sugars (g)	26.0	4.4
Protein (g)	46.1	7.7
Salt (g)	5.11	0.86

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, 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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Prep the Garlic Ciabatta

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Halve the **baby plum tomatoes**. Peel and grate the **garlic** (or use a garlic press).

Halve the **ciabatta** and lay onto a medium baking tray, cut-side up. Spread over **half** the **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount). Set aside.



Cook the Ravioli

While the **sauce** simmers, bake the **garlic ciabatta** on the top shelf of your oven until golden, 4-5 mins.

In the meantime, add the **ravioli** to your pan of **boiling 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.



Fry the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Finish the Sauce

Add the **cooked ravioli** to the pan of **sauce**. Carefully stir through until evenly coated.

Taste and season with **salt** and **pepper** if needed, then remove from the heat.

In a medium bowl, combine the **baby leaves** with the **tomatoes** and **balsamic glaze**. Season with **salt** and **pepper**.

Cut the **garlic ciabatta** diagonally into triangles.



Simmer your 'Nduja Sauce

Add the **passata**, **vegan 'Nduja** (see ingredients for amount, add less if you'd prefer things milder), **red wine stock paste**, **water for the sauce** and **honey** (see pantry for both amounts) to the **beef mince**.

Bring to the boil, then simmer until slightly thickened, 4-5 mins.



Serve

Share your **ultimate beef ravioli** between your bowls and sprinkle with the **Parmigiano Reggiano**.

Serve with the **garlic bread** and **salad** on the side.

Enjoy!