

# Arrabbiata Style Spinach and Ricotta Ravioli

## with Chilli Flakes and Cheese

18

**Super Quick** 15 Minutes • **Medium Spice** • 1 of your 5 a day



Bell Pepper



Spinach and Ricotta Ravioli



Finely Chopped Tomatoes with Basil



Red Wine Stock Paste



Mixed Herbs



Chilli Flakes



Grated Hard Italian Style Cheese



Wild Rocket



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!



Arrabbiata is a spicy and tart tomato sauce hailing from Italy. Laden with garlic, tomatoes and chilli, it pairs perfectly with the creamy filling of this pasta in our Arrabbiata Style Spinach and Ricotta Ravioli.

## 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

Kettle, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Spinach and Ricotta Ravioli*** <b>7) 8) 13)</b>	250g	375g	500g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Wild Rocket**	20g	40g	40g
British Smoked Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	432g	100g	477g	100g
Energy (kJ/kcal)	2151 /514	498 /119	2639 /631	553 /132
Fat (g)	19.8	4.6	29.0	6.1
Sat. Fat (g)	11.0	2.5	13.9	2.9
Carbohydrate (g)	65.4	15.1	66.3	13.9
Sugars (g)	25.1	5.8	25.2	5.3
Protein (g)	17.1	4.0	24.8	5.2
Salt (g)	5.84	1.35	7.07	1.48

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.

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## Get Frying

- Boil a full kettle.
- Slice the **pepper** into strips.
- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **pepper**, 4-5 mins. Season with **salt** and **pepper**.

### + Add Bacon Lardons

If you're adding **bacon**, fry it with the **pepper** for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Arrabbiata Sauce

- Add the **chopped tomatoes, red wine stock paste, mixed herbs, sugar** (see pantry) and **half** the **chilli flakes** to the frying pan.
- Stir and bring to the boil. Simmer, 2-3 mins.
- Add the **pasta**. Toss to coat.
- Stir in the **cheese** and **butter** (see pantry) until melted. Remove from the heat.



## Ravioli Time

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



## Dinner's Ready!

- Serve the **ravioli** in bowls.
- Sprinkle over the remaining **chilli flakes** (add less if you'd prefer things milder).
- Top with a handful of **rocket**.

Enjoy!