



Spinach and Ricotta Ravioli in Cajun Sauce with Charred Courgette and Rocket

21

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



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

Punchy and smoky with a spicy kick, Cajun spice mix contains ingredients such as chilli powder, ground cumin, oregano and thyme. The spiced Cajun sauce pairs perfectly with the creamy filling of the ricotta pasta.



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** 7) 8) 13)	250g	375g	500g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Crème Fraîche** 7)	75g	120g	150g
Vegetable Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Wild Rocket**	20g	30g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
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	376g	100g	506g	100g
Energy (kJ/kcal)	2406 / 575	640 / 153	3054 / 730	603 / 144
Fat (g)	31.7	8.4	34.1	6.7
Sat. Fat (g)	18.4	4.9	19.0	3.8
Carbohydrate (g)	55.2	14.7	55.3	10.9
Sugars (g)	17.5	4.6	17.6	3.5
Protein (g)	17.7	4.7	49.2	9.7
Salt (g)	3.43	0.91	3.63	0.72

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.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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.



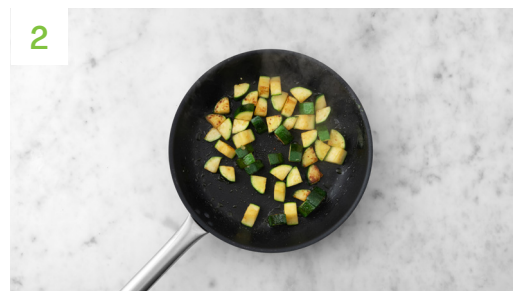
Bring the Flavour

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**, **crème fraîche**, **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.



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 Chicken Breast

If you're adding **chicken**, add it to the pan with the **courgette** on medium-high heat. Fry, 8-10 mins, then set aside. Add to the **sauce** in step 5. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



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.

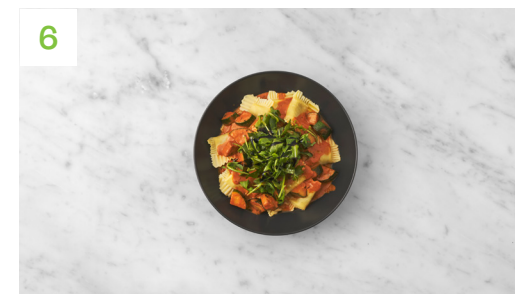


Hey Ravioli

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.



Serve

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

Enjoy!