

Creamy Gochujang Spinach & Ricotta Ravioli with Mushrooms, Cheese and Salad

Quick 15-20 Minutes • **Medium Spice** • 2 of your 5 a day



Sliced Mushrooms



Garlic Clove



Baby Cucumber



Gochujang Paste



Vegetable Stock Paste



Spinach and Ricotta Ravioli



Creme Fraiche



Grated Hard Italian Style Cheese



Wild Rocket



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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!

The popular Korean condiment gochujang contains chillies, fermented soybeans and glutinous rice which give it its savoury-sweet flavour. The spiced gochujang 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

Kettle, saucepan, frying pan, garlic press, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Sliced Mushrooms**	180g	240g	360g
Garlic Clove**	2	3	4
Baby Cucumber**	1	1½	2
Gochujang Paste 11)	30g	50g	60g
Vegetable Stock Paste	10g	15g	20g
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Creme Fraiche** 7)	75g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	437g	100g	567g	100g
Energy (kJ/kcal)	2473 / 591	567 / 135	3120 / 746	551 / 132
Fat (g)	35.9	8.2	38.3	6.8
Sat. Fat (g)	19.0	4.4	19.6	3.5
Carbohydrate (g)	50.3	11.5	50.4	8.9
Sugars (g)	12.4	2.9	12.6	2.2
Protein (g)	17.7	4.0	49.1	8.7
Salt (g)	4.01	0.92	4.21	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

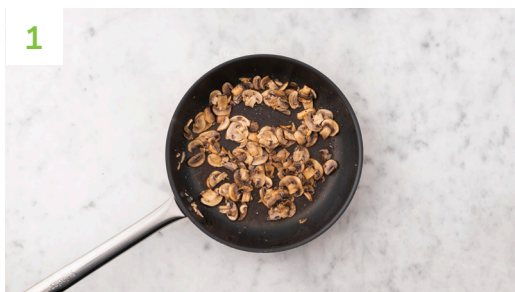
7) Milk **8)** Egg **11)** Soya **13)** Cereals containing gluten

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.

 You can recycle me!

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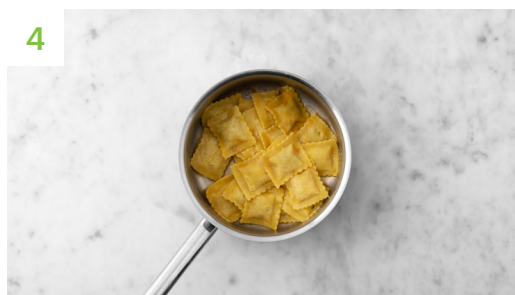


Fry the Mushrooms

- Boil a full kettle, then pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

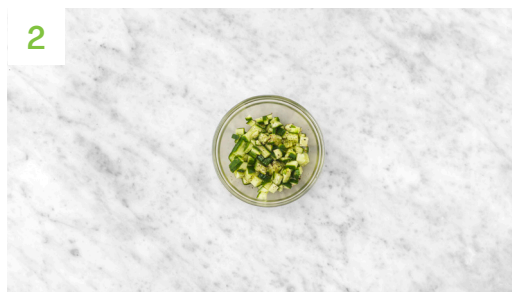
+ Add Chicken Breast

If you're adding **chicken**, add to the pan on medium-high heat and stir-fry, 8-10 mins. When there's 5 mins left, add the **mushrooms** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Hey Ravioli

- Meanwhile, 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.



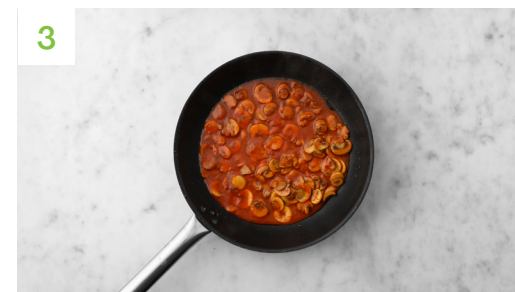
Finish the Prep

- While the **mushrooms** fry, peel and grate the **garlic** (or use a garlic press).
- Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.
- Add your **cucumber** to a medium bowl, drizzle over the **olive oil** (see pantry for amount) and season with **salt** and **pepper**.



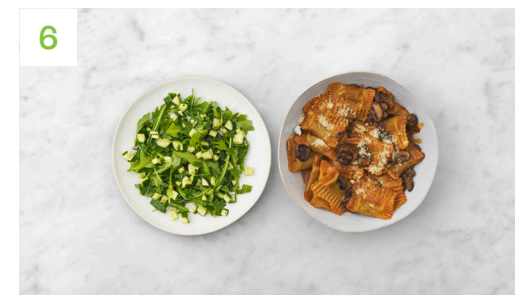
All Together Now

- Once the **sauce** has reduced, stir the **creme fraiche**, **butter** (see pantry for amount) and **half the hard Italian style cheese** into the pan. Simmer for 1 min.
- Add a splash of **water** if it's a little too thick, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.
- Add the **cooked ravioli** to the **sauce** and stir gently to combine.



Time for Flavour

- Add the **gochujang paste** and **garlic** to the **mushrooms**. Stir-fry for 30 secs.
- Stir in the **veg stock paste** and **water for the sauce** (see pantry for amount).
- Bring to the boil, then lower the heat and simmer until the liquid has reduced slightly, 2-3 mins.



Serve Up

- Share the **ravioli** between your bowls and sprinkle over the remaining **hard Italian style cheese**.
- Toss the **rocket** with the **cucumber** and serve alongside your **pasta**.

Enjoy!