



Creamy Mushroom, Spinach & Ricotta Ravioli

with Balsamic Glaze and Rocket Salad

43

Classic 20-25 Minutes • 2 of your 5 a day



Onion



Sliced Mushrooms



Garlic Clove



Vegetable Stock Paste



Mixed Herbs



Creme Fraiche



Grated Hard Italian Style Cheese



Spinach and Ricotta Style Ravioli



Wild Rocket



Balsamic Glaze



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Add Chicken Breast

If you chose to add diced chicken breast, 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.

Cooking tools

Saucepan, kettle, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Sliced Mushrooms**	180g	300g	360g
Garlic Clove**	2	3	4
Vegetable Stock Paste	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Creme Fraiche** 7)	75g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	385g	100g	515g	100g
Energy (kJ/kcal)	2033 /486	528 /126	2681 /641	520 /124
Fat (g)	23.1	6.0	25.5	4.9
Sat. Fat (g)	13.1	3.4	13.7	2.7
Carbohydrate (g)	52.2	13.6	52.4	10.2
Sugars (g)	15.1	3.9	15.2	2.9
Protein (g)	17.0	4.4	48.5	9.4
Salt (g)	2.94	0.76	3.13	0.61

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.

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

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Get Started

- Halve, peel and chop the **onion** into small pieces.
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **onion** and **mushrooms** to the pan and stir-fry until softened, 5-6 mins.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **veg**. Fry for the same amount of time, then continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Boil the Ravioli

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** and bring back to the boil.
- When boiling, 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.



Finish the Prep

- Meanwhile, boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Add the **garlic** to the pan and cook for 30 secs.



All Together Now

- When everything's ready, gently stir the **ravioli** through the **creamy mushroom sauce**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



Start the Sauce

- Add the **veg stock paste**, **mixed herbs** and **water for the sauce** (see pantry for amount) to the **garlic**. Stir in the **creme fraiche**.
- Bring to the boil, then reduce the heat and simmer, 3-4 mins.
- Stir in the **hard Italian style cheese** until melted.
- Season with **salt** and **pepper**.



Serve

- Share the **ravioli** between your bowls.
- Top with the **rocket leaves** and finish by drizzling over the **balsamic glaze**.

Enjoy!