



# Ricotta Ravioli in Roasted Butternut Sauce with Spinach and Italian Style Cheese

Classic 30-35 Minutes • 1 of your 5 a day • Veggie

48



Butternut Squash



Dried Rosemary



Garlic Clove



Spinach and Ricotta Ravioli



Vegetable Stock Paste



Baby Spinach



Creme Fraiche



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, saucepan, colander and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	2
Dried Rosemary	2 sachets	3 sachets	4 sachets
Garlic Clove**	2	3	4
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Vegetable Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Creme Fraiche** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	568g	100g
Energy (kJ/kcal)	2613 /624	460 /110
Fat (g)	30.0	5.3
Sat. Fat (g)	17.5	3.1
Carbohydrate (g)	68.3	12.0
Sugars (g)	21.2	3.7
Protein (g)	22.0	3.9
Salt (g)	3.26	0.57

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

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.

## Contact

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## 1 Prep the Squash

Preheat your oven to 240°C/220°C fan/gas mark 9.

Trim and peel the **butternut squash**.

Halve lengthways, then scoop out the seeds. Cut into 1cm chunks.



## 2 Time to Roast

Pop the **butternut chunks** onto a large baking tray.

Drizzle with **oil**, sprinkle over the **dried rosemary**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 18-20 mins. Turn halfway through.



## 3 Cook the Ravioli

Meanwhile, peel and grate the **garlic** (or use a garlic press).

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

Add the **ravioli** and cook until tender, 3 mins.

Once cooked, drain in a colander. Drizzle with **oil** and stir through to stop it sticking together.



## 4 Simmer Time

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

Once hot, add the **garlic** and cook for 30 secs.

Stir in the **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until reduced by half, 3-4 mins.

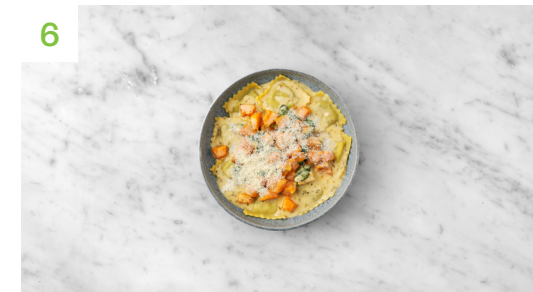


## 5 All Together Now

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir in the **creme fraiche**, bring to the boil, then remove from the heat.

When ready, stir through **roasted butternut squash**, **butter** (see pantry for amount) and **half the hard Italian style cheese** until melted. Taste and season with **salt** and **pepper** if needed.



## 6 Serve Up

Share the **ravioli** between your bowls.

Spoon over the **roasted butternut squash sauce**.

Sprinkle over the remaining **cheese** to finish.

## Enjoy!