















# Salmon on Creamy Sun-Dried Tomato Ravioli with Roasted Asparagus, Peas and Garlic Ciabatta

Seafood Special | 30-35 Minutes • 1 of your 5 a day

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-  Garlic Clove
-  Asparagus
-  Salmon Fillets
-  Lemon & Herb Seasoning
-  Creme Fraiche
-  Vegetable Stock Paste
-  Peas
-  Grated Hard Italian Style Cheese
-  Sun-Dried Tomato Paste
-  Ciabatta
-  Spinach and Ricotta Ravioli
-  Wild Rocket

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil



## 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, garlic press, baking tray, baking paper, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	5
Asparagus**	100g	150g	200g
Salmon Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Creme Fraiche** 7)	75g	150g	150g
Vegetable Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Sun-Dried Tomato Paste	25g	37g	50g
Ciabatta 13)	1	2	2
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Wild Rocket**	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	75ml	120ml	150ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>505g</b>	<b>100g</b>
Energy (kJ/kcal)	3680 /880	729 /174
Fat (g)	46.2	9.2
Sat. Fat (g)	17.0	3.4
Carbohydrate (g)	73.7	14.6
Sugars (g)	13.4	2.7
Protein (g)	44.4	8.8
Salt (g)	4.51	0.89

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 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.

## Contact

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## Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Peel and grate the **garlic** (or use a garlic press). Trim the bottom 2cm from the **asparagus** and discard, then halve the **asparagus** widthways.

Add the **asparagus** to one side of a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



## Garlic Bread Time

Halve the **ciabatta** and lay onto another baking tray, cut-side up.

Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).

Bake the **bread** on the middle shelf of your oven until golden, 4-5 mins.



## Time to Roast

Lay the **salmon fillets**, skin-side down, onto the other side of the **asparagus** baking tray.

Sprinkle over the **lemon & herb seasoning**, drizzle with **oil**, season with **salt** and **pepper** and rub to coat.

When the oven is hot, roast the **salmon** and **asparagus** on the top shelf until cooked through, 10-15 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Cook the Pasta

Meanwhile, add the **ravioli** to the **boiling water** and bring back to the boil. Cook until tender, 3 mins.

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



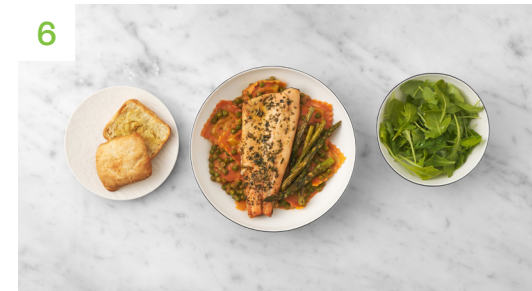
## Start the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Add **half** the **garlic**. Fry for 30 secs.

Stir in the **creme fraiche**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 2-3 min.

Stir in the **peas** and **Italian style cheese**. Cook for 2-3 mins.

Stir in the **sun-dried tomato paste**, then taste and season with **salt** and **pepper** if needed. Remove from the heat.



## Finish and Serve

When everything's ready, reheat the **sauce** if needed. Add the **pasta** to the **sauce** and gently toss together, adding a splash of **water** if needed.

Share the **pasta** between your bowls, lay on the **asparagus**, then top with the **salmon**.

Cut the **garlic bread** in half diagonally and serve on the side along with the **rocket**. Drizzle some **olive oil** over the **rocket leaves** to finish.

Enjoy!