



# Creamy Cajun Spinach and Ricotta Ravioli with Rocket

4

Classic 25-30 Minutes • Very Hot • 1 of your 5 a day



Garlic Clove



Bell Pepper



Cajun Spice Mix



Tomato Puree



Vegetable Stock Paste



Creme Fraiche



Spinach and Ricotta Ravioli



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, 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. Ingredients in red are hot!

## Cooking tools

Saucepan, garlic press, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	120g	150g
Vegetable Stock Paste 10)	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 Chicken Breast**	1 pack	1 pack	1 pack
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 \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	331g	100g	461g	100g
Energy (kJ/kcal)	2408/575	727/174	3055/730	662/158
Fat (g)	31.6	9.5	33.9	7.3
Sat. Fat (g)	18.2	5.5	18.9	4.1
Carbohydrate (g)	55.7	16.8	55.8	12.1
Sugars (g)	17.5	5.3	17.7	3.8
Protein (g)	16.9	5.1	48.4	10.5
Salt (g)	3.41	1.03	3.61	0.78

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

## Allergens

7) Milk 8) Egg 10) Celery 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, 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.

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## 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).  
Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



## Bring the Flavour

Add the **tomato puree, creme fraiche, vegetable stock paste, sugar and water for the sauce** (see pantry for both amounts) to the **pepper** pan.

Bring to the boil, then lower the heat and simmer until slightly reduced, 2-3 mins.



## Fry the Pepper

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sliced pepper** and fry until just soft, 5-6 mins. Continue to stir while it cooks.

Stir in the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) and season with **salt** and **pepper**. Stir fry for 1 min.

## CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan with the **pepper**. Stir-fry for 5-6 mins, then continue as instructed, the **chicken** will cook through while simmering. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer 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 **cheese** until melted.

Gently stir the **cooked ravioli** into the **sauce**. Season with **salt** and **pepper**. Add a splash of **water** if needed.



## Cook the 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!