

# Arrabbiata Style Spinach and Ricotta Ravioli

## with Chilli Flakes and Cheese

43

**Super Quick** 15 Minutes • **Medium Spice** • 1 of your 5 a day



Bell Pepper



Spinach and Ricotta Ravioli



Finely Chopped Tomatoes with Basil



Red Wine Stock Paste



Mixed Herbs



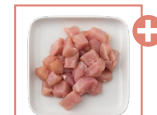
Chilli Flakes



Grated Hard Italian Style Cheese



Wild Rocket



Diced British Chicken Breast



King Prawns



Arrabbiata is a spicy and tart tomato sauce hailing from Italy. Laden with garlic, tomatoes and chilli, it pairs perfectly with the creamy filling of this pasta in our Arrabbiata Style Spinach and Ricotta Ravioli.

**Pantry Items**

Oil, Salt, Pepper, Sugar, Butter

## 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, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Spinach and Ricotta Ravioli** 7) 8) 13)	250g	375g	500g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g
Diced British Chicken Breasts**	240g	390g	520g
King Prawns** 5)	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
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	Per 100g		Diced Chicken Breast		King Prawns	
	Per serving	Per 100g	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	432g	100g	562g	100g	507g	100g
Energy (kJ/kcal)	2151 /514	498 /119	2799 /669	498 /119	2343 /560	462 /110
Fat (g)	19.8	4.6	22.2	3.9	20.2	4.0
Sat. Fat (g)	11.0	2.5	11.6	2.1	11.2	2.2
Carbohydrate (g)	65.3	15.1	65.4	11.6	65.3	12.9
Sugars (g)	21.5	5.0	21.7	3.9	21.5	4.3
Protein (g)	17.1	4.0	48.5	8.6	27.6	5.4
Salt (g)	5.84	1.35	6.04	1.07	6.85	1.35


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

## Allergens

5) Crustaceans 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.

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## Get Frying

- Boil a full kettle.
- Slice the **pepper** into strips.
- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **pepper**, 4-5 mins. Season with **salt** and **pepper**.



## Arrabbiata Sauce

- Add the **chopped tomatoes, red wine stock paste, mixed herbs, sugar** (see pantry) and **half** the **chilli flakes** to the frying pan.
- Stir and bring to the boil. Simmer, 2-3 mins.
- Add the **pasta**. Toss to coat.
- Stir in the **cheese** and **butter** (see pantry) until melted. Remove from the heat.

### CUSTOM RECIPE



#### DICED CHICKEN BREAST

Add the **chicken** to the pan before the **pepper**. Fry, 8-10 mins. Halfway through, add the **pepper**. Cook for the remaining amount of time. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



#### KING PRAWNS

Drain the **prawns**, then add them to the pan halfway through the **pepper** frying time. **IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.**



## Ravioli Time

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **ravioli**, 3 mins.
- Once cooked, drain. Drizzle with **oil** and stir through.

**Custom Recipe:** If you've chosen to add **diced chicken** or **prawns**, follow the instructions at the bottom of the page.



## Dinner's Ready!

- Serve the **ravioli** in bowls.
- Sprinkle over the remaining **chilli flakes** (add less if you'd prefer things milder).
- Top with a handful of **rocket**.

## Enjoy!