



Sun-dried Tomato and Aubergine Capellacci

with Asparagus and Creamy Blue Cheese Sauce

N° 12

EXTRA RAPID 10 Minutes • 1.5 of your 5 a day



Asparagus



Baby Plum Tomatoes



Half Fat Crème Fraîche



Blue Cheese



Grated Hard Italian Style Cheese



Sundried Tomato and Aubergine Cappellacci



Chives



Pea Shoots



Balsamic Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Two Saucepans and Colander.

Ingredients

	2P	3P	4P
Asparagus	1 small pack	1 large pack	1 large pack
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Half Fat Crème Fraîche 7)	150g	225g	300g
Blue Cheese 7)	1 pot	1½ pots	2 pots
Grated Hard Italian Style Cheese 7) 8)	1 pack	1½ packs	2 packs
Sundried Tomato, Pecorino and Aubergine Cappellacci 7) 8) 13)	1 pack	1½ packs	2 packs
Chives	1 bunch	1 bunch	1 bunch
Pea Shoots	1 bag	1½ bags	2 bags
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets

**Not Included*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	2496 / 597	569 / 136
Fat (g)	32	7
Sat. Fat (g)	18	4
Carbohydrate (g)	47	11
Sugars (g)	14	3
Protein (g)	26	6
Salt (g)	1.84	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.
Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Packed in the UK



1. Get Started!

- Bring a large saucepan of **water** to the boil for the **pasta** with ¼ tsp of **salt**.
- Trim the **asparagus** and cut into thirds widthways.
- Halve the **baby plum tomatoes**.

2. Make the Sauce

- Pop the **creme fraiche**, **blue cheese** and **half** the **hard italian style cheese** into a medium saucepan over medium heat.
- Bring to a simmer and cook, stirring occasionally, until the **cheese** has melted, 3-4 mins. Taste and add **pepper**.
- Meanwhile, cook the **cappellacci pasta** and **asparagus** for 4 mins. Drain well then carefully mix with the **cheesy sauce**.
- Use scissors to snip the **chives** into 1cm pieces and stir these through the **pasta** and **sauce**.

3. Salad Time

- Pop the **tomatoes** in a bowl with the **pea shoots**, **balsamic** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well.
- Divide the **pasta** and **sauce** between plates, top with the remaining **hard cheese** and serve with the **salad**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.