



Sun-Dried Tomato & Aubergine Cappellacci with Bravas Sauce

Nº 12

EXTRA RAPID 10 Minutes • 1 of your 5 a day



Green Beans



Chorizo



Olive & Caper
Pasta Sauce



Sun dried Tomato &
Aubergine Cappellacci



Hard Italian Style
Grated Cheese



Soured Cream

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Medium Saucepan, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	1 large pack
Chorizo 7)**	60g	90g	120g
Olive & Caper Pasta Sauce**	2 pouches	3 pouches	4 pouches
Water for the Sauce*	50ml	75ml	100ml
Sun dried Tomato & Aubergine Cappellacci 7) 8) 13)	1 pack	1½ packs	2 packs
Hard Italian Style Grated Cheese 7) 8)**	1 sachet	1½ sachets	2 sachets
Soured Cream 7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	2709 /648	690 /165
Fat (g)	35	9
Sat. Fat (g)	16	4
Carbohydrate (g)	50	13
Sugars (g)	15	4
Protein (g)	29	7
Salt (g)	3.07	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

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

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Packed in the UK

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1. Get Prepped

- Put a large saucepan of **water** on to boil with ½ tsp of **salt**.
- Trim the **green beans** then chop into thirds.
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.

2. Time To Cook

- Add the **chorizo** to the pan and cook until the **chorizo** is crispy, 3-4 mins, stirring continuously.
- Pour in the **pasta sauce** and **water** (see ingredients for amount).
- When the **water** is boiling, add the **green beans** and after 2 mins add the **Cappellacci pasta** and cook for a further 4 mins.

3. Drain and Serve

- Drain the **Cappellacci pasta** and **beans** in a colander.
- Add the drained **pasta** to the **tomato sauce** and then share between bowls.
- Serve with a dollop of **soured cream** and sprinkle over the **cheese**.

Enjoy!