



Creamy Squash Ravioli with Mushrooms and Spinach

Veggie

20 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

+ Add



Chicken Tenders*
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Butternut Squash Ravioli
350 g | 700 g



Mushrooms
113 g | 227 g



Baby Spinach
28 g | 56 g



Parmesan Cheese, shredded
¼ cup | ½ cup



Vegetable Broth Concentrate
1 | 2



All-Purpose Flour
1 tbsp | 2 tbsp



Cream
56 ml | 113 ml



White Cooking Wine
4 tbsp | 8 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, unsalted butter

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Prep and cook mushrooms

- Before starting, add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

+ Add | **Chicken Tenders**

+ Add | **Shrimp**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, thinly slice **mushrooms**.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then swirl the pan until melted, 1 min.
- Add **mushrooms**. Cook, stirring occasionally, until golden-brown, 5-6 min. Season with **salt** and **pepper**.
- Add **cooking wine**. Cook, stirring often, until absorbed, 1 min.

4



Finish sauce

- Add **spinach** and **half the Parmesan** to the pan with **sauce**.
- Season with **salt** and **pepper**, then stir until **spinach** wilts, 1 min. (**TIP:** For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

2



Make sauce

+ Add | **Shrimp**

- Sprinkle **flour** over **mushrooms**. Cook, stirring often, until **mushrooms** are coated, 1 min.
- Add **cream, broth concentrate** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **water** or **milk**. Bring to a simmer, then reduce heat to low.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat, then cover to keep warm.

3



Cook ravioli

- Add **ravioli** to the **boiling water**. Cook, stirring gently, until tender, 2-4 min.
- Reserve $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **pasta water**, then drain.

5



Finish and serve

+ Add | **Chicken Tenders**

- Divide **ravioli** between bowls.
- Top with **creamy mushroom sauce**.
- Sprinkle **remaining Parmesan** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Prep and cook chicken

+ Add | **Chicken Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat another large non-stick pan over medium-high heat. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

1 | Prep and cook mushrooms

+ Add | **Shrimp**

If you opted to add **shrimp**, prep **shrimp** while the **mushrooms** cook. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

2 | Make sauce

+ Add | **Shrimp**

Add **shrimp** to the pan with simmering **sauce**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat. Proceed with remaining recipe as written.

5 | Finish and serve

+ Add | **Chicken Tenders**

Arrange **chicken** on top of plated **ravioli**.