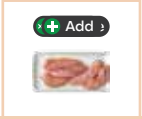




SuperQuick Creamy Butternut Squash Ravioli with Crunchy Walnut Topping

15 Minutes



Chicken Breast
Tenders
310 g | 620 g

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](https://www.hellofresh.ca)



Butternut Squash
Ravioli
350 g | 700 g



Walnuts,
chopped
56 g | 112 g



Cream
237 ml | 474 ml



Butternut
Squash, cubes
170 g | 340 g



Panko
Breadcrumbs
1/3 cup | 2/3 cup



Garlic Spread
2 tbsp | 4 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 | Unsalted butter, salt, pepper, oil

Cooking utensils | Aluminum foil, baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Broil butternut squash

- Before starting, preheat the broiler to high.
- Add 6 cups (12 cups) water and 1 tsp (2 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

+ Add | Chicken Breast Tenders

- Add **butternut squash** and **1 tbsp** (2 tbsp) **oil** to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil in the **middle** of the oven until golden and cooked through, 6-8 min.

4



Cook sauce

- Meanwhile, reheat the large non-stick pan over medium-high.
- When hot, add **cream** and **garlic spread**. Cook, stirring often, until simmering, 3-4 min.
- Add **ravioli**, **reserved pasta water** and **butternut squash**. Cook, stirring gently until coated, 1 min.
- Season with **salt** and **pepper**.

2



Toast walnut topping

- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **butter**, **walnuts** and **panko** to the pan.
- Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on it so it doesn't burn!)
- Season with **salt**, then transfer to a plate.

3



Cook ravioli

- Add **ravioli** to the boiling water, then reduce heat to medium-high. Cook, stirring occasionally, until tender, 2-3 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **ravioli** to the same pot, off heat.

5



Finish and serve

+ Add | Chicken Breast Tenders

- Divide **creamy ravioli** between plates.
- Sprinkle with **walnut topping**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook chicken

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Remove from heat, then transfer **chicken** to a plate. Cover to keep warm. Reuse the same pan in step 2 to toast **walnuts** and **panko**.

5 | Finish and serve

+ Add | Chicken Breast Tenders

Top plates with **chicken**.

* 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.