



# Creamy Squash Ravioli

## with Mushrooms and Spinach

Veggie

20-min

+ Add



Chicken  
Tenders\*  
310 g | 113 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)



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 | Unsalted butter, salt, pepper

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

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

- 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 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.)

2



### Make sauce

- Sprinkle **flour** over **mushrooms**. Cook, stirring often, until **mushrooms** are coated, 1 min.
- Add **cream**, **broth concentrate** and **¼ cup** (½ 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.

5



### Finish and serve

+ Add | Chicken Tenders

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

3



### Cook ravioli

- While **spinach** wilts, add **ravioli** to the **boiling water**. Cook, stirring gently, until tender, 2-4 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain.

Measurements  
within steps

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

### 1 | Prep and cook

+ Add | Chicken Tenders

If you've opted to add **chicken tenders**, before cooking **mushrooms**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Reuse the same pan to cook **mushrooms**.

### 5 | Finish and serve

+ Swap | Chicken Tenders

Top final 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.



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