



# KIDS' CHEESY RAVIOLI & SWEET CORN

Snack: Chocolate Peanut Butter Oat Bites



## INGREDIENTS

3 PERSON | 6 PERSON



1 | 2  
Corn



1 | 2  
Apple



9 oz | 18 oz  
Spinach and Ricotta Ravioli  
Contains: Eggs, Milk, Wheat



7.5 oz | 15 oz  
Marinara Sauce



2.3 oz | 4.6 oz  
Peanut Butter  
Contains: Peanuts



2 tsp | 4 tsp  
Honey



3 oz | 3 oz  
Semisweet Chocolate Chips  
Contains: Soy



½ Cup | 1 Cup  
Rolled Oats



¼ Cup | ½ Cup  
Shredded Coconut  
Contains: Tree Nuts



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

## WHICH FOOD DOESN'T BELONG?



## LUNCH



## SNACK



LUNCH PREP: 5 MIN COOK: 15 MIN | CALORIES: 370 + SNACK COOK: 15 MIN | CALORIES: 350



# HELLO FRESH



## HELLO

### LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

### MAKE IT YOUR OWN

Kiddo doesn't love coconut? Leave it out. Nut allergy? Use sunflower spread instead of peanut butter. This snack is as easy to customize as it is fun to make!

### BUST OUT

- Large pot
- Strainer
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Medium bowl
- Plastic wrap
- Large bowl
- Whisk

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### 1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Drain **corn**, then pat dry with paper towels. Halve, core, and thinly slice **apple**.



### 2 COOK RAVIOLI

- Once water is boiling, gently add **ravioli** to pot. Cook until al dente and floating to the top, 4-5 minutes. Drain and rinse under cold water. Pat dry with paper towels. **TIP: To serve ravioli right away, skip rinsing with cold water!**
- **MICROWAVE ALTERNATIVE:** Place **ravioli** in a large bowl and fill with just enough water to cover. Cover tightly with plastic wrap and microwave until ravioli are tender, 5-7 minutes. Carefully remove plastic wrap, then drain. Rinse under cold water, then pat dry with paper towels.



### 3 TOAST CORN

- Meanwhile, heat a **drizzle of oil** in a large pan over high heat. Add **corn** and cook, stirring occasionally, until golden brown and lightly charred in spots, 4-6 minutes.
- Season to taste with **salt** and **pepper**.



### 4 SERVE OR STASH LUNCH

- **To serve:** Transfer **marinara** to a medium microwave-safe bowl; cover with plastic wrap and microwave until warmed through, 30-60 seconds. Divide **ravioli** and marinara between plates. Serve with **corn** and **apple** on the side.
- **To stash:** Refrigerate ravioli, corn, and apple in separate containers and pack as desired, with marinara for dipping!



### 5 START SNACK

- Place **peanut butter**, **honey**, and **half the chocolate chips** (all for 6 servings) in a large microwave-safe bowl. Cover with plastic wrap and microwave until melted, 30-45 seconds. Whisk until smooth.
- Stir in **oats**, **coconut**, and a **pinch of salt** until evenly combined. Refrigerate until mixture holds together easily when pinched, 5-10 minutes. **TIP: Be careful not to over-chill, or mixture will be too hard to roll!**



### 6 FINISH SNACK

- Roll **oat mixture** into 8-10 1-inch balls (16-20 balls for 6 servings). **TIP: The oat mixture is definitely sticky! To help with rolling, lightly oil your hands first.**
- **To store:** Keep **oat bites** in an airtight container at room temperature for up to 5 days.