



KIDS' CHEESY SPINACH ROLL-UPS

with Ranch Dipper, Carrot Sticks, Apple Slices & Tortilla Chips



INGREDIENTS

3 PERSON | 6 PERSON



5 oz | 10 oz
Spinach



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



3 oz | 6 oz
Carrot



1 | 2
Apple



6 | 12
Flour Tortillas
Contains: Soy, Wheat



4.5 oz | 9 oz
Buttermilk Ranch
Dressing
Contains: Eggs, Milk



1.5 oz | 3 oz
Blue Corn Tortilla
Chips
Contains: Sesame



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

DRAW YOUR FAVORITE PIZZA TOPPINGS



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 680



HELLO FRESH



HELLO

LUNCH BUNCH

Pack cooled roll-ups, fruit, and veggies in those lucky lunch boxes—they're all yummy at room temperature!

FUTURE FOODIES

Kiddos can wash fruit and veggies or set out the chips in a bowl.

Studies show that kids who help prepare their food are more likely to eat it!



BUST OUT

- Large pan
- Peeler
- Medium bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)

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1 START PREP & MAKE FILLING

- Wash and dry produce.
- Roughly chop **spinach**.
- Heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium-high heat. Add spinach and cook, stirring occasionally, until wilted, 3-4 minutes.
- Add **cream cheese** and cook, stirring, until cream cheese is melted. Season with **salt** and **pepper**. Remove from heat.
- Stir in **hummus** and **mozzarella** until combined. Transfer to a medium bowl. Wipe out pan.



3 ASSEMBLE & TOAST

- Wrap **tortillas** in damp paper towels; microwave until warm and pliable, 30 seconds.
- On a work surface, divide **cheesy spinach filling** between bottom two-thirds of each tortilla. Roll up tortillas, starting with filled sides, to create **roll-ups**.
- Heat a **drizzle of olive oil** in pan used for filling over medium-high heat. Add roll-ups, seam sides down. Cook until lightly toasted, 1-2 minutes per side.



2 FINISH PREP

- Trim, peel, and cut **carrot** into sticks (like fries; ours were **3 inches long and 1/8 inch thick**). Halve, core, and thinly slice **apple**.



4 SERVE OR STASH LUNCH

- **To serve:** Halve **roll-ups** on a diagonal; divide between plates. Serve with **ranch dipper**, **carrot sticks**, **apple slices**, and **tortilla chips** on the side.
- **To stash:** Let roll-ups cool completely. Refrigerate roll-ups, ranch dipper, carrot sticks, and apple slices in separate containers. Pack as desired!