



KIDS' BUTTERNUT SQUASH STUFFED PASTA

+ Snack: Chocolate Peanut Butter Oat Bites



INGREDIENTS

3 SERVINGS | 6 SERVINGS



1 | 2
Mini Cucumber



1 | 2
Apple



9 oz | 18 oz
Butternut Squash
Agnolotti
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

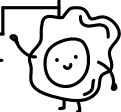
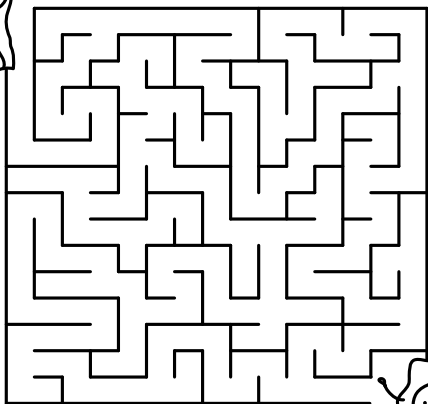
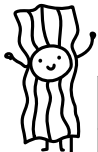


¼ Cup | ½ Cup
Shredded Coconut
Contains: Tree Nuts



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

HELP REUNITE BACON & EGG



LUNCH PREP: 5 MIN COOK: 15 MIN | CALORIES: 290 + SNACK COOK: 15 MIN | CALORIES: 410



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

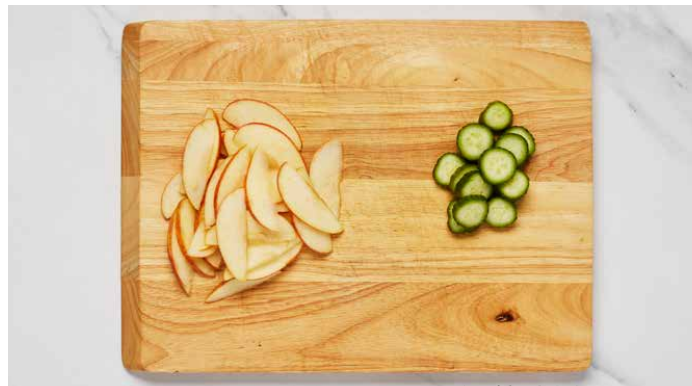
- Large pot
- Plastic wrap
- Strainer
- Large bowl
- Paper towels
- Whisk
- Medium bowl
- Kosher salt

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



1 PREP & COOK PASTA

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Thinly slice **cucumber** into rounds. Halve, core, and thinly slice **apple**.
- Once water is boiling, gently add **agnolotti** to pot. Cook until al dente and floating to the top, 4-5 minutes. Drain and rinse under cold water, then pat dry with paper towels. **TIP: To serve right away, skip rinsing with cold water!**
- **MICROWAVE ALTERNATIVE:** Place **agnolotti** in a large bowl and add just enough water to cover. Cover tightly with plastic wrap and microwave until tender, 5-7 minutes. Carefully remove plastic wrap, then drain. Rinse under cold water, then pat dry with paper towels.



3 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!**



2 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 **agnolotti** and marinara between plates. Serve with **cucumber rounds** and **apple slices** on the side.
- **To stash:** Refrigerate agnolotti, cucumber rounds, and apple slices in separate containers and pack as desired, with marinara for dipping!



4 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.