



KIDS' CHEESY RAVIOLI & SWEET CORN

+ Snack: Chocolate Peanut Butter Oat Bites



INGREDIENTS

3 SERVINGS | 6 SERVINGS



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



1/2 Cup | 1 Cup
Rolled Oats

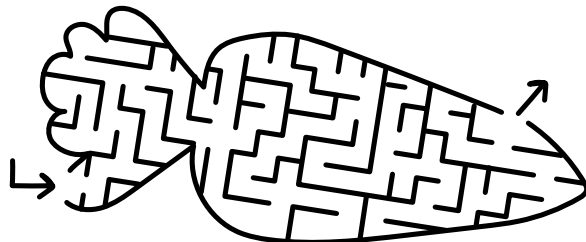


1/4 Cup | 1/2 Cup
Shredded Coconut
Contains: Tree Nuts



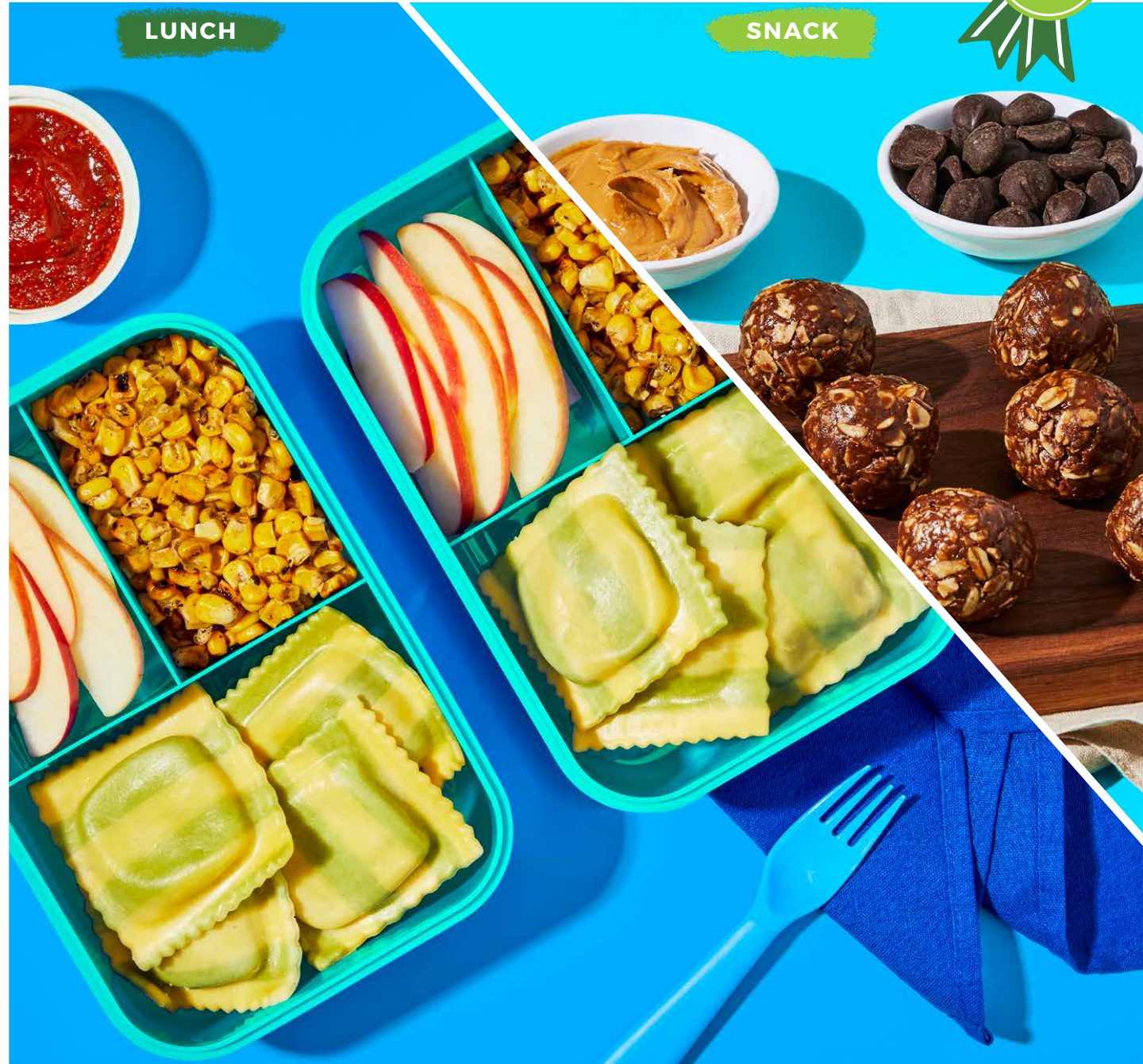
ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

CARROT MAZE



LUNCH

SNACK



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



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**.



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!



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.



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!**



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**.



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.