



Sun-dried Tomato and Aubergine Capellacci

with Asparagus and Creamy Blue Cheese Sauce

N° 12

EXTRA RAPID 10 Minutes • 1.5 of your 5 a day



Asparagus



Baby Plum Tomatoes



Half Fat Crème Fraîche



Blue Cheese



Grated Hard Italian Style Cheese



Sun-dried Tomato and Aubergine Cappellacci



Chives



Pea Shoots



Balsamic Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Two Saucepans and Colander.

Ingredients

	2P	3P	4P
Asparagus	1 small pack	1 large pack	1 large pack
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Half Fat Crème Fraîche 7)	150g	225g	300g
Blue Cheese 7)	1 pot	1½ pots	2 pots
Grated Hard Italian Style Cheese 7) 8)	1 pack	1½ packs	2 packs
Sundried Tomato, Pecorino and Aubergine Cappellacci 7) 8) 13)	1 pack	1½ packs	2 packs
Chives	1 bunch	1 bunch	1 bunch
Pea Shoots	1 bag	1½ bags	2 bags
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets

**Not Included*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	2496 / 597	569 / 136
Fat (g)	32	7
Sat. Fat (g)	18	4
Carbohydrate (g)	47	11
Sugars (g)	14	3
Protein (g)	26	6
Salt (g)	1.84	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started!

- Bring a large saucepan of **water** to the boil for the **pasta** with ¼ tsp of **salt**.
- Trim the **asparagus** and cut into thirds widthways.
- Halve the **baby plum tomatoes**.

2. Make the Sauce

- Pop the **creme fraiche**, **blue cheese** and **half** the **hard italian style cheese** into a medium saucepan over medium heat.
- Bring to a simmer and cook, stirring occasionally, until the **cheese** has melted, 3-4 mins. Taste and add **pepper**.
- Meanwhile, cook the **cappellacci pasta** and **asparagus** for 4 mins. Drain well then carefully mix with the **cheesy sauce**.
- Use scissors to snip the **chives** into 1cm pieces and stir these through the **pasta** and **sauce**.

3. Salad Time

- Pop the **tomatoes** in a bowl with the **pea shoots**, **balsamic** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well.
- Divide the **pasta** and **sauce** between plates, top with the remaining **hard cheese** and serve with the **salad**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.