

DINNERLY



Creamy Plant Chicken & Ravioli Primavera

with Broccoli, Carrots & Peas



20-30min



2 Servings

Eating your veggies has never been so easy. Broccoli, carrots, and peas come together effortlessly in this one-pot primavera. A nutty Parmesan cheese sauce coats plant-based chicken and pillows of tender ravioli for a little bit of decadence without the high-calorie price tag. We've got you covered!

WHAT WE SEND

- 9 oz ravioli ^{1,3,7}
- ½ lb broccoli
- 1 carrot
- ¾ oz Parmesan ⁷
- ½ lb pkg plant-based chicken ⁶
- 2½ oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 1 cup milk ⁷
- all-purpose flour ¹
- garlic

TOOLS

- large saucepan
- microplane or grater
- medium skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 30g, Carbs 71g, Protein 47g



1. Cook ravioli

Bring a large saucepan of **salted water** to a boil over high heat. Add **ravioli** (if stuck together, gently pull apart only if possible without tearing). Reduce heat; simmer gently, stirring occasionally, until al dente, 3–4 minutes. Reserve ½ **cup pasta water**, then drain. Return pasta to saucepan off heat. Toss with 1 **teaspoon oil** to prevent sticking; cover to keep warm until step 3.



2. Prep ingredients

Finely chop 1 **teaspoon garlic**.

Cut **broccoli** into 1-inch florets, if necessary. Scrub **carrot**, then thinly slice into ¼-inch rounds.

Finely grate **all of the Parmesan**.



3. Cook veggies

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **plant chicken, broccoli** and **carrots**; cover and cook, stirring occasionally, until tender and lightly browned in spots, 3–4 minutes. Stir in **chopped garlic**; cook until fragrant, about 30 seconds. Season to taste with **salt** and **pepper**. Transfer veggies and garlic to pot with **ravioli**. Rinse and dry skillet.



4. Prep & cook cheese sauce

In a liquid measuring cup, whisk to combine **reserved pasta water**, **half of the Parmesan**, ¾ **cup milk**, and 1 **tablespoon flour**.

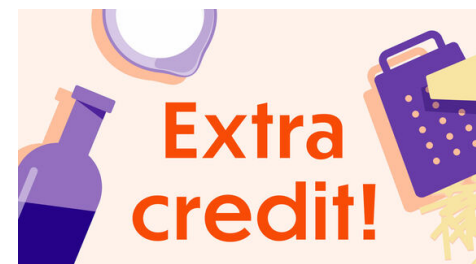
Add to same skillet over medium heat. Cook, whisking, until **sauce** is smooth and just thick enough to coat back of a spoon, about 3 minutes. Remove from heat and season to taste with **salt** and **pepper**.



5. Finish & serve

Add **peas** and **cheese sauce** to saucepan with **ravioli, plant chicken** and **veggies**. Stir until ravioli and veggies are warmed through and well coated in sauce, about 1 minute.

Serve **ravioli primavera** with **remaining Parmesan** on the side for sprinkling over top, as desired. Enjoy!



6. Crunch, crunch!

Toast up some breadcrumbs or panko, Italian style! Coat them in olive oil, season with salt and pepper, and toast in the oven until fragrant and golden-brown. Mix them with freshly chopped parsley and a few red pepper flakes for a little spice. Dust over the top of the ravioli for added textural bliss!