

DINNERLY



Creamy 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 lean chicken strips 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 chicken breast strips
- 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), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 30g, Carbs 62g, Protein 51g



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**.

Pat **chicken** dry: season all over with **salt** and **pepper**.



3. Cook chicken & veggies

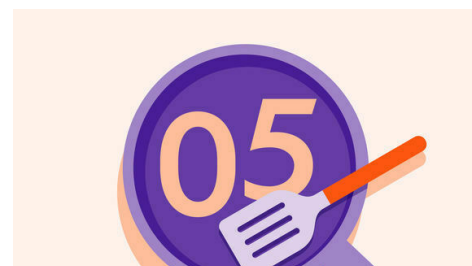
Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, 3–4 minutes. Move to saucepan with **ravioli**. Add **broccoli**, **carrots**, and 1 **tablespoon oil** to skillet; cover and cook, stirring occasionally, until tender and lightly browned in spots, about 3 minutes. Stir in **chopped garlic**; cook until fragrant, about 30 seconds.



4. Prep & cook cheese sauce

Transfer veggies and garlic to saucepan with **ravioli**. Reserve skillet. In a liquid measuring cup, whisk to combine **reserved pasta water**, **half of the Parmesan**, ¾ **cup milk**, and 1 **tablespoon flour**.

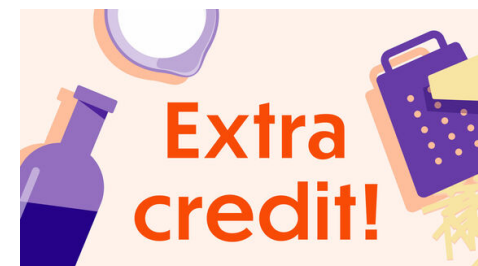
Add to reserved skillet over medium. Cook, whisking, until **sauce** is smooth and just thick enough to coat back of a spoon, about 3 minutes.



5. Finish & serve

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

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!