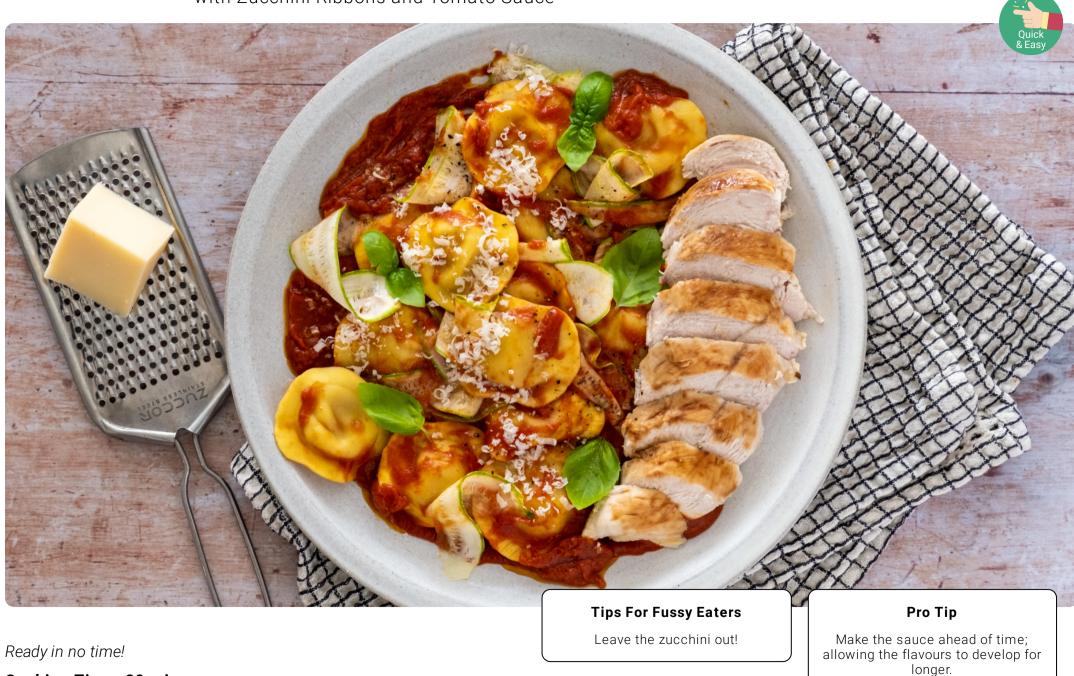
4 Cheese Ravioli and Chicken

with Zucchini Ribbons and Tomato Sauce



Cooking Time: 20 min

Cals 663 | Prot 48 | Carbs 72 | Fat 17

Ingredients For 2 For 3 For 4 Chicken and pasta 600 Chicken breast 300 500 Grams 2 Olive oil 3 4 Tbsp Salt 1 1 2 Tsp 250 500 500 Ravioli Grams 0.5 Black pepper 0.5 1 Tsp Sauce Olive oil 2 3 Tbsp Tomato paste 30 50 70 Grams Garlic powder 5 8 Grams 400 500 Tomato passata 200 Grams 100 100 ML Water 100 Chicken stock cube 0.5 Piece 1 15 15 30 Grams Honey To serve Small zucchini 2 2 1 Piece 45 Parmesan 30 60 Grams Fresh basil 15 15 15 Grams







1 Make sauce

Add the olive oil, tomato paste, garlic powder, tomato passata, measured water, crumbled stock cube and honey to a saucepan. Bring to a simmer. Cover with a lid and cook over a low heat for 5-7 min.

2 Fry chicken

Meanwhile, heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Transfer to a board to rest.

3 Boil ravioli

Meanwhile, bring a pot of salted water to a boil. Once boiling, add the ravioli and cook for 2 min. Drain well.





4 Prep toppings

Shave the **zucchini** into ribbons with a peeler. Grate the **Parmesan**. Pick the **basil** leaves.

5 Combine

Toss the drained **ravioli** and the **zucchini** ribbons in the **tomato sauce**. Divide among plates.

6 Serve

Slice the rested **chicken** and serve over the **ravioli**. Garnish with a grind of **black pepper**, the grated **Parmesan** and the **basil** leaves. Serve immediately.



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