

4 Cheese Ravioli and Chicken

with Zucchini Ribbons and Tomato Sauce

R9



Tips For Fussy Eaters

Leave the zucchini out!

Pro Tip

Make the sauce ahead of time; allowing the flavours to develop for longer.

Ready in no time!

Cooking Time: 20 min

Cals 663 | Prot 48 | Carbs 72 | Fat 17

Ingredients

For 2 For 3 For 4

Chicken and pasta

Chicken breast	300	500	600	Grams
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Ravioli	250	500	500	Grams
Black pepper	0.5	0.5	1	Tsp

Sauce

Olive oil	2	3	4	Tbsp
Tomato paste	30	50	70	Grams
Garlic powder	4	5	8	Grams
Tomato passata	200	400	500	Grams
Water	100	100	100	ML
Chicken stock cube	0.5	1	1	Piece
Honey	15	15	30	Grams

To serve

Small zucchini	1	2	2	Piece
Parmesan	30	45	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.