

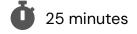




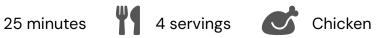
One Pot Chicken Tortellini

with Creamy Ricotta

Fresh filled tortellini from iPastai cooked in a tomato based broth, topped with creamy ricotta and sweet basil.







Mix it up!

You can finely chop the broccoli and cook in the sauce to further hide the veggies. Or you can replace the broccoli with grated zucchini if preferred. The ricotta can also be stirred through the tomato sauce to make it creamy.

PROTEIN TOTAL FAT CARBOHYDRATES

71g

FROM YOUR BOX

RED ONION	1
BROCCOLI	1
CHERRY TOMATOES	400g
TOMATO PASTE	1 sachet
CHICKEN TORTELLINI	800g
RICOTTA	1 tub
BASIL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, stock cube of choice, white wine vinegar

KEY UTENSILS

large frypan with lid

NOTES

You can add crushed garlic in step 2 and some dried chilli flakes for extra flavour

Switch the vinegar for the zest and juice of a lemon to flavour the ricotta if you have one.

No gluten option - chicken tortellini is replaced with GF 4-cheese ravioli.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **olive oil**. Slice onion and cut broccoli into small florets. Add to pan as you go along with cherry tomatoes (halve any larger ones). Cook for 6-8 minutes until softened.



2. SIMMER THE SAUCE

Stir in **2 tsp oregano**, tomato paste, **crumbled stock cube** and **800ml water** (see notes). Cover and simmer for 5 minutes.



3. ADD THE TORTELLINI

Stir tortellini into sauce. Cover and simmer for 5-7 minutes until pasta is cooked. Season with **salt and pepper** to taste.



4. PREPARE THE RICOTTA

Combine ricotta with **2 tsp vinegar** (see notes). Season with **salt and pepper**.



5. FINISH AND SERVE

Pick basil leaves and stir half through the tortellini. Dot ricotta over the top and garnish with remaining basil to serve.







