

FRESH
for
KIDS

BROCCOLINI, TOMATO & SPINACH RAVIOLI

BROCCOLINI, TOMATO & SPINACH RAVIOLI

Preparation 10 mins | Cooking 15 mins | Serves 4

500g fresh cheese or spinach ravioli
1 tbs olive oil
3 green onions (shallots), trimmed and thinly sliced
2 garlic cloves, finely chopped
1 bunch broccolini, chopped (separate stems)
250g cherry tomatoes, halved
1½ cup tomato pasta sauce
½ cup reduced fat cream
100g baby spinach leaves
Grated parmesan, to serve

STEP 1 Cook ravioli following packet directions. Rinse in cold water, drain well and set aside to dry.

STEP 2 Heat oil in a large frying pan over medium-high heat. Add green onions, garlic and broccolini stems and cook, stirring often, for 2-3 minutes until just crisp.

STEP 3 Add broccolini florets and cherry tomatoes and cook, stirring often, for 3 minutes until tomatoes just soften. Stir in tomato pasta sauce. Cover and bring to the boil over medium heat. Reduce heat, and simmer for 2 minutes. Add ravioli and cook until hot. Stir in cream and spinach. Season with salt and pepper to taste. Toss over low heat until spinach wilts. Sprinkle with parmesan and serve.

Good for you... **BROCCOLINI**

An excellent source of vitamin C, one of the vitamins that contributes to the body's immune function. A good source of beta carotene, which the body converts to vitamin A. This vitamin is necessary for the structure and function of our skin and also for normal vision.



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