



# BAKED RICOTTA PIE

with Silverbeet & Dukkah Salad



Master a silverbeet side dish



Brown Onion



Garlic



Silverbeet



Green Beans



Parsley



Sicilan Spice Blend



Ricotta



Pine Nuts



Dukkah

Pantry Staples



Eggs



Olive Oil



Balsamic Vinegar

Hands-on: 20 mins  
Ready in: 40 mins

Sometimes ricotta gets a bad rap in the cheese world. Its louder cousins Parmesan and fetta have a tendency to drown this guy out. But pop him in the oven to bake and watch ricotta become the life of the party! You could say it's his natural element.

# BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, medium frying pan, wooden spoon, large bowl, small/medium baking dish** and **baking paper**. Let's start cooking the **Baked Ricotta Pie with Silverbeet & Dukkah Salad**



## 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **brown onion**. Peel and crush the **garlic**. Pick the **parsley** leaves. Destem and roughly chop the **silverbeet**. Trim and halve the **green beans**.



## 2 COOK THE SILVERBEET

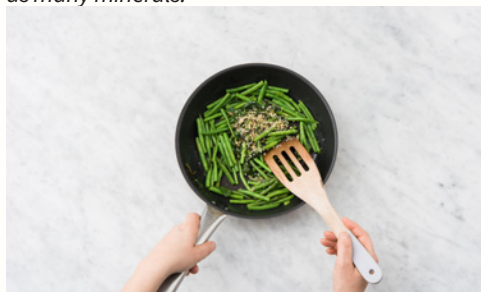
Heat a medium frying pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Add the **garlic** and **Sicilian spice blend** and cook for **1 minute**, or until fragrant. 🌿 Add the **parsley** and **silverbeet** (use 2 cups for 2 people / 4 cups for 4 people and reserve the rest for the salad) and cook for **2 minutes**, or until softened. Remove from the heat.

*Silverbeet is a dark leafy green vegetable that is similar to spinach but has a stronger, earthier flavour. It has tougher leaves than spinach, meaning it lends itself to cooking well as it doesn't wilt away as much. It's highly nutritious and a good source of vitamin A, K and C as well as many minerals.*



## 4 BAKE THE RICOTTA PIE

Line a small (for 2 people) or medium (for 4 people) round pie dish with baking paper. Spoon the **ricotta mixture** into the dish. Sprinkle with the **pine nuts** and drizzle with **1/2 the olive oil**. Bake in the oven for **20 minutes**, or until just firm to the touch and set (like a quiche).



## 5 PREP THE SALAD

While the pie bakes, heat the **remaining olive oil** in the same medium frying pan over a medium-high heat. Add the **green beans** and any **remaining silverbeet** and cook for **2 minutes**, or until just tender and wilted. Remove from the heat, pour over the **balsamic vinegar** and the **dukkah** and toss to coat. Season to taste with a **pinch of salt** and **pepper**.



## 3 PREP THE PIE FILLING

In a large bowl, mix the **ricotta** and **egg** until combined. Stir through the cooked **silverbeet** mixture. Season to taste with a **pinch of salt** and **pepper**.



## 6 SERVE UP

Divide the baked ricotta pie between plates. Serve the silverbeet and dukkah salad on the side.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
brown onion	1	2
garlic 🌿	2 cloves	4 cloves
parsley	1 bunch	2 bunches
silverbeet	1 bunch	2 bunches
green beans	1 packet	2 packets
parsley	1 bunch	2 bunches
Sicilian spice blend 🌿	1 sachet (2 tsp)	2 sachets (1 tbs)
ricotta	1 tub (250g)	2 tubs (500g)
egg*	2	4
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
olive oil*	2 tsp	1 tbs
balsamic vinegar*	2 tsp	1 tbs
dukkah	1 sachet (2 tbs)	2 sachets (4 tbs)

\*Pantry Items | 🌿 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1810kJ (433Cal)	438kJ (105Cal)
Protein (g)	27.4g	6.6g
Fat, total (g)	24.6g	6.0g
- saturated (g)	7.0g	1.7g
Carbohydrate (g)	22.4g	5.4g
- sugars (g)	10.0g	2.4g
Sodium (g)	947mg	229mg

→ JOIN OUR PHOTO CONTEST!

📷 📱 #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

hello@hellofresh.com.au

2017 | WK23 | V3

🌿 HelloFRESH