

## Florentine Ravioli Nudi

Think ravioli without its pasta clothing. We're making spinach and cheese dumplings, then serving them up in a rich winter squash and zucchini marinara sauce. It's a sophisticated dinner that's on the table in a flash.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan with a Cover  
Large Skillet  
Large Mixing Bowl

### Good To Know

**Health snapshot per serving** – 635 Calories, 36g Fat, 40g Carbs, 46g Protein, 16 Freestyle Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 7 MEEZ CONTAINERS

Acorn Squash  
Zucchini  
Marinara Sauce  
Spinach  
Italian Cheese Blend  
Egg & Cheese  
Ricotta & Basil

INGREDIENTS: Spinach, Tomato, Acorn Squash, Zucchini, Red Onion, Ricotta, Mozzarella, Parmesan, Provolone, Black Pepper, Oregano, Basil, Fennel, Olive Oil, Lemon, Kosher Salt, Sugar, Tarragon, Sage, Egg.

meez *meals*

### 1. Create the Sauce

Heat 1 Tbsp olive oil in large saucepan over high heat. When the oil is hot, add the **Acorn Squash** and **Zucchini** with a sprinkle of salt and pepper. Cook until the zucchini starts to brown, about 2 minutes.

Add the **Marinara Sauce** and ½ cup of water to the skillet and bring to a boil. Reduce the heat to medium, cover and let simmer for 10 minutes.

### 2. Make the Ravioli Nudis

While the sauce is simmering, remove the **Spinach** from its bag and with your hands, working on a bit at a time, squeeze hard to get as much water out as possible. Combine the spinach with the **Italian Cheese Blend** and **Egg & Cheese** (both of which are in sealed bags) a large mixing bowl and mix well. Using your hands, form the mixture into golf-ball-sized balls and place on a plate. You should have about 5 balls per serving.

*If the spinach still contains water, the nudis will not stay together during cooking.*

### 3. Cook the Ravioli Nudis

Heat 1½ Tbsp olive oil over in a large skillet over medium high heat. When the oil is hot, add the ravioli nudis and use a spatula to flatten them to about 1/2-inch height (you may need to work in batches.) Cook, completely undisturbed, until they are dark brown on one side, about 3 minutes. Flip and brown the other side, an additional 2 to 3 minutes.

Clean any bits that might have stuck to the spatula off and remove the nudis from the skillet and transfer to a paper towel lined plate. Use another paper towel to pat the top for any excess oil. When working with multiple batches of nudis, add additional oil with each batch as needed.

*It is Ok if the Nudis get a bit charred. The caramelized cheese has an amazing flavor.*

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### 4. Put It All Together

Ladle the marinara sauce into serving bowls, top with the ravioli nudis and place a dollop of **Ricotta & Basil** (in a plastic container) on top of each ravioli nudi. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**