



Cooking Made Easy

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Creamy Ricotta & Pea Toasts with Edamame-Arugula Salad



It's official: peas and ricotta are the "it-combo" of the season. Move over asparagus. Mashed together and spread on hearty multigrain toasts, it's dangerously irresistible. A protein-rich salad of edamame, avocado, and peppery arugula make this a wonderfully light Spring dinner!

- 30 min
- level 1
- nut free
- veggie



Baguette



Avocado



Edamame



Ricotta



Lemon



Shallot



Basil



Peas



Arugula

Ingredients	2 People	4 People
Baguette	1) 2)	2
Avocado	1	2
Lemon	1	2
Edamame	2)	6 oz
Ricotta	3)	16 oz
Shallot	1	2
Peas	4 oz	8 oz
Basil	1 bunch	2 bunches
Arugula	4 oz	8 oz
Olive Oil*	3 T	6 T

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Baking Sheet,
Small Pot, Zester, Small
Bowl, Medium Bowl

Ruler

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Nutrition per person Calories: 631 cal | Carbs: 58 g | Fat: 39 g | Protein: 19 g | Fiber: 14 g



1 Preheat oven to 400 degrees. Cut the **baguette** into ½-inch slices and place on a baking sheet. Drizzle with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Place in the oven to toast for 5-7 minutes, until golden brown on the edges but still soft in the middle.



2 Meanwhile, bring a small pot of **water** to a boil with a large pinch of **salt**. Add the **edamame** to the **boiling water** and cook until bright green and heated through, 1-2 minutes. Remove the edamame with a slotted spoon and run under cold water to cool. Drain and set aside. Repeat the same process with the **peas** and set aside separately.



3 Thinly slice **half the shallot** and mince the **remaining half**. Tear the **basil leaves**. Halve, pit, and peel the **avocado**, then thinly slice. Zest and halve the **lemon**.



4 Make the **ricotta mixture**: use a fork to mash the **peas**, **half the ricotta**, **lemon zest**, **minced shallot**, and ½ tablespoon **olive oil** until smooth. You'll need to use some elbow grease here! Season mixture with **salt** and **pepper**. **HINT**: If you have a food processor, add everything to the bowl and pulse until smooth.

5 Toss the **arugula** with the **edamame**, sliced **shallot**, **avocado**, and **basil**. Top with a squeeze of **lemon**, a drizzle of **olive oil**, and a sprinkle of **salt**.

6 Spread the **toasts** with the **ricotta mixture**. Drizzle with ½ tablespoon **olive oil** and sprinkle with a pinch of **salt**.

7 Serve the **ricotta toasts** with the **edamame-arugula salad** to the side. Enjoy!

Tip Don't let that extra ricotta go to waste! Try serving it with granola, some berries, and a drizzle of honey for breakfast!