



Plant-Based Ravioli & Creamy Mushroom Sauce with Balsamic Rocket

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Plant-Based Pumpkin Ravioli



Portabello Mushrooms



Plant-Based Cream



Aussie Spice Blend



Vegetable Stock Powder



Rocket Leaves



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins
Ready in: 20-30 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Plant Based

Let's veggie-fy this plant-based ravioli packed full of pumpkin and coated in a creamy sauce cooked with hearty mushrooms. Add a zap of freshness with peppery rocket to finish with a punch of flavour.

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plant-based pumpkin ravioli	1 medium packet	1 large packet
portabello mushrooms	1 packet	1 packet
plant-based cream	½ medium packet	1 medium packet
Aussie spice blend	1 sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
rocket leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2109kJ (504Cal)	604kJ (144Cal)
Protein (g)	19g	5.4g
Fat, total (g)	14.2g	4.1g
- saturated (g)	2g	0.6g
Carbohydrate (g)	69.7g	20g
- sugars (g)	6.9g	2g
Sodium (mg)	1218mg	349mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4104kJ (981Cal)	822kJ (196Cal)
Protein (g)	41.5g	8.3g
Fat, total (g)	46g	9.2g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	94.6g	19g
- sugars (g)	8.4g	1.7g
Sodium (mg)	2072mg	415mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW24



1



Cook the ravioli

- Boil the kettle. Pour boiling water into a large saucepan over high heat with a pinch of **salt**.
- Cook **plant-based pumpkin ravioli** in the boiling water until 'al dente', **10-12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **ravioli**, then return to saucepan.

3



Toss the salad

- While the mushrooms are cooking, combine **rocket leaves** and a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.

2



Make the pasta sauce

- Meanwhile, thinly slice **portabello mushrooms**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **6-8 minutes**.
- Add **plant-based cream** (see ingredients), **Aussie spice blend**, **vegetable stock powder** and the reserved **pasta water** and simmer, until slightly thickened, **1-2 minutes**.
- Add **cooked ravioli** and toss to coat. Season to taste.

TIP: Add an extra splash of water if the pasta looks dry.

Custom Recipe: If you've added plant-based chicken tenders to your meal, before cooking mushrooms, heat the pan as above and cook tenders until golden and heated through, 2-3 minutes each side. Transfer to a paper towel-lined plate.

4



Serve up

- Divide plant-based ravioli and creamy mushroom sauce between bowls. Serve with balsamic rocket salad. Enjoy!

Custom Recipe: Slice plant-based chicken tenders and serve with ravioli.

Rate your recipe

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