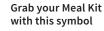


Green Machine Pumpkin Ravioli

with Tomato Sugo & Apple Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Garlic & Herb Seasoning

Tomato Sugo

Parsley





Plant-Based Pumpkin Ravioli

Mixed Salad



Balsamic & Olive Oil Dressing





Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based*



Calorie Smart*

*Custom Recipe is not Plant Based or Calorie Smart

These ravioli are packed with big flavours thanks to the earthy sweetness from the pumpkin. To balance out all that personality, we're adding a tomato-based sauce for its abundant flavour contribution. The result is a colourful, hearty dish that's guaranteed to become a pasta-night classic in your home.

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter,

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 frying pan · Medium saucepan

Ingredients

ingi caicino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
apple	1	2	
tomato	1	2	
onion	1 (medium)	1 (large)	
garlic	2 cloves	4 cloves	
garlic & herb seasoning	1 sachet	1 sachet	
tomato sugo	1 medium packet	1 large packet	
brown sugar*	1½ tsp	3 tsp	
plant-based butter*	20g	40g	
Dutter			
water*	1/4 cup	½ cup	
	1/4 cup 1 medium packet		
water* plant-based	·		
water* plant-based pumpkin ravioli mixed salad	1 medium packet	1 large packet	
water* plant-based pumpkin ravioli mixed salad leaves balsamic & olive oil dressing parsley	1 medium packet 1 small bag	1 large packet 1 medium bag	
water* plant-based pumpkin ravioli mixed salad leaves balsamic & olive oil dressing	1 medium packet 1 small bag 1 packet	1 large packet 1 medium bag 2 packets	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2446kJ (585Cal)	540kJ (129Cal)
Protein (g)	18.6g	4.1g
Fat, total (g)	14g	3.1g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	92.8g	20.5g
- sugars (g)	21.6g	4.8g
Sodium (mg)	975mg	215mg
Custom Recine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3031kJ (724Cal)	602kJ (143Cal)
Protein (g)	26.6g	5.3g
Fat, total (g)	26.2g	5.2g
- saturated (g)	11g	2.2g
Carbohydrate (g)	92.9g	18.5g
- sugars (g)	21.6g	4.3g
Sodium (mg)	1374mg	273mg

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.





Get prepped

 Thinly slice apple. Roughly chop tomato. Finely chop onion and garlic.



Start the tomato sauce

- · Boil the kettle.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook tomato and onion until tender, 4-5 minutes.

Custom Recipe: If you've added diced bacon to your meal, heat the frying pan as above. Cook bacon, breaking up with a spoon, until just golden, 3-4 minutes. Add tomato and onion and cook until tender, 4-5 minutes.



Finish the tomato sauce

- Add garlic & herb seasoning and garlic and cook until fragrant, 1-2 minutes.
- Stir through tomato sugo, the brown sugar, plant-based butter and the water. Reduce heat to medium and simmer for 2-4 minutes.



Make the ravioli

- While the sauce is cooking, half-fill a medium saucepan with boiling water. Simmer plantbased pumpkin ravioli over medium-high heat until 'al dente', 3 minutes.
- Using a slotted spoon, transfer **ravioli** to the frying pan with the **sauce** and stir to coat.



Toss the salad

 In a medium bowl, add apple, mixed salad leaves and balsamic & olive oil dressing.
 Season with salt and pepper. Toss to combine.



Serve up

- Divide plant-based pumpkin ravioli with tomato sugo between bowls. Tear over **parsley**.
- Serve with apple salad. Enjoy!

Did we make your tastebuds happy?

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