



Green Machine Pumpkin Ravioli

with Tomato Sugo & Apple Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Apple



Tomato



Onion



Garlic



Garlic & Herb Seasoning



Tomato Sugo



Plant-Based Pumpkin Ravioli



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Parsley



Diced Bacon

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



Calorie Smart*

*Custom Recipe is not Plant Based or Calorie Smart



Plant Based*

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.

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

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

	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
water*	¼ cup	½ cup
plant-based pumpkin ravioli	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
balsamic & olive oil dressing	1 packet	2 packets
parsley	1 bag	1 bag
diced bacon**	1 packet	1 packet

*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 Recipe

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW39



Get prepped

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



Make the ravioli

- While the sauce is cooking, half-fill a medium saucepan with boiling water. Simmer **plant-based 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.



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.



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.



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**.



Serve up

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

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