



# Saucy Roasted Veggie & Pumpkin Ravioli

with Baby Kale

NEW

Grab your Meal Kit with this symbol



Capsicum



Courgette



Garlic



Plant-Based Pumpkin Ravioli



Aussie Spice Blend



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Baby Kale



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins  
Plant Based\*

Calorie Smart^  
^Custom Recipe is not Calorie Smart

Ravioli are like little gifts, pasta pockets packed with delicious pumpkin. Tie a bow around dinner tonight with a tomato-based sauce with roasted capsicum and courgette for a perfect pasta present.

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

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

\*Custom Recipe is not Plant Based

## 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

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
courgette	1	2
garlic	2 cloves	4 cloves
plant-based pumpkin ravioli	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
crushed & sieved tomatoes	½ tin	1 tin
vegetable stock powder	1 medium sachet	1 large sachet
<b>plant-based butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
baby kale	1 small bag	1 medium bag
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2447kJ (585Cal)	500kJ (120Cal)
Protein (g)	18.3g	3.7g
Fat, total (g)	19.5g	4g
- saturated (g)	7.3g	1.5g
Carbohydrate (g)	78.4g	16g
- sugars (g)	14.4g	2.9g
Sodium (mg)	1377mg	281mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3032kJ (725Cal)	562kJ (134Cal)
Protein (g)	26.3g	4.9g
Fat, total (g)	31.7g	5.9g
- saturated (g)	11.8g	2.2g
Carbohydrate (g)	78.5g	14.6g
- sugars (g)	14.5g	2.7g
Sodium (mg)	1776mg	329mg

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

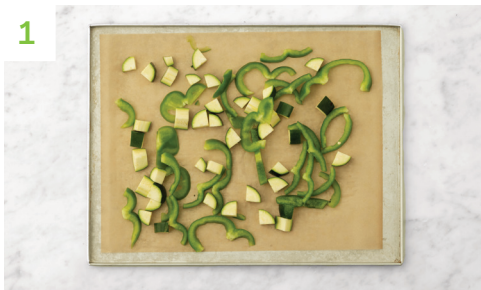
## We're here to help!

Scan here if you have any questions or concerns

2023 | CW41



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Thickly slice **capsicum**. Cut **courgette** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Make the sauce

- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** and **Aussie spice blend** until fragrant, **1 minute**.
- Add **crushed & sieved tomatoes** (see **ingredients**), **vegetable stock powder** and some **pasta water** (¼ cup for 2 people / ½ cup for 4 people) and cook until slightly reduced, **2-3 minutes**.

**TIP:** Add some more pasta water if the sauce is too thick!

**Custom Recipe:** If you've added diced bacon to your meal, cook bacon before starting the sauce. Heat the saucepan over medium-high heat with a drizzle of olive oil and cook diced bacon, breaking up with a spoon, until golden, 5-6 minutes. Continue with step.

2



## Get prepped

- Meanwhile, bring a large saucepan of salted water to the boil.
- Finely chop **garlic**.

5



## Bring it all together

- Add cooked **ravioli**, **roasted veggies**, the **plant-based butter** and **brown sugar** and gently stir to combine.
- Meanwhile, combine a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a large bowl. Add **baby kale** and toss to combine.

3



## Cook the ravioli

- When the veggies have **5 minutes** remaining, cook **plant-based pumpkin ravioli** in the boiling water, over high heat, until 'al dente', **3 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain and set aside.

6



## Serve up

- Divide roasted veggie and pumpkin ravioli between bowls.
- Top with seasoned baby kale. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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