



# Plant-Based Pumpkin Ravioli

with Creamy Spinach Sauce & Baby Broccoli

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Baby Broccoli



Plant-Based Pumpkin Ravioli



Garlic Paste



Aussie Spice Blend



Plant-Based Cream



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Bacon

Prep in: **15-25 mins**  
Ready in: **15-25 mins**



**Plant Based\***  
*\*Custom Recipe is not Calorie Smart or Plant Based*

Calorie Smart\*

Let's veggie-fy ravioli with this plant-based ravioli packed full of pumpkin and coated in a creamy sauce seasoned with herbs and spinach. Add a zap of chilli flakes to zest up the baby broccoli and 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



## 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
<b>olive oil*</b>	refer to method	refer to method
baby broccoli	1 bag	1 bag
plant-based pumpkin ravioli	1 medium packet	1 large packet
garlic paste	1 large packet	2 large packets
Aussie spice blend	1 sachet	1 sachet
plant-based cream	½ packet (125ml)	1 packet (250ml)
baby spinach leaves	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (599Cal)	654kJ (156Cal)
Protein (g)	20.4g	5.3g
Fat, total (g)	23.1g	6g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	73g	19.1g
- sugars (g)	7.3g	1.9g
Sodium (mg)	1216mg	318mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	714kJ (171Cal)
Protein (g)	28.4g	6.6g
Fat, total (g)	35.2g	8.1g
- saturated (g)	7.5g	1.7g
Carbohydrate (g)	73.1g	16.9g
- sugars (g)	7.3g	1.7g
Sodium (mg)	1615mg	373mg

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 | CW45



1



## Get prepped

- Boil the kettle.
- Roughly chop **baby broccoli**.

3



## Make it saucy

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, stirring, until softened, **3-4 minutes**.
- Add **garlic paste** and **Aussie spice blend** and cook until fragrant, **1-2 minutes**.
- Add **plant-based cream** (see ingredients) and reserved **pasta water**. Simmer, until slightly thickened, **1-2 minutes**.
- Remove pan from heat, then add **baby spinach leaves** and cooked **ravioli**. Stir until just wilted, **1 minute**. Season with **pepper**.

**Custom Recipe:** If you've added diced bacon, heat the frying pan as above. Before cooking the baby broccoli, cook diced bacon, breaking up with a spoon, until just golden, 3-4 minutes. Add baby broccoli and continue with step.

2

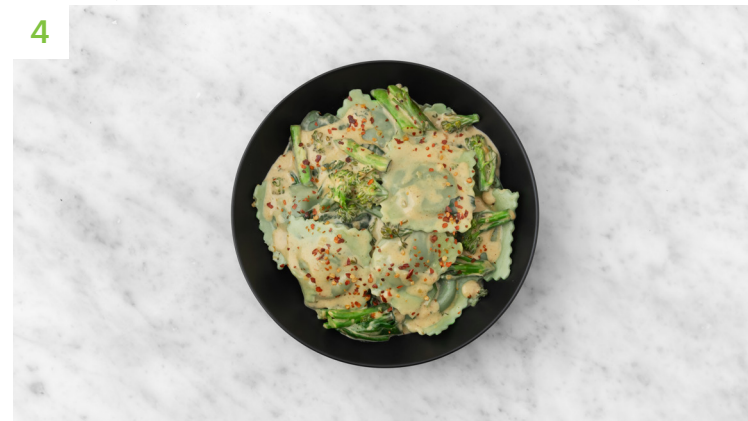


## Cook the ravioli

- Half-fill a large saucepan with boiling water and add a pinch of **salt**. Add **plant-based pumpkin ravioli** and simmer, over high heat, until 'al dente', **3 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **ravioli** and return to the saucepan with a drizzle of **olive oil**.

**TIP:** Salting the pasta water ensures the dish is well seasoned throughout!

4



## Serve up

- Divide plant-based pumpkin ravioli and creamy spinach sauce between bowls.
- Sprinkle over a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)