



Plant-Based Pumpkin Ravioli

with Creamy Spinach Sauce & Baby Broccoli

EXPLORER

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)

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

Calorie Smart

Plant Based

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

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 |
|-----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| baby broccoli | ½ 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 medium sachet | 1 large sachet |
| plant-based cream | ½ medium packet | 1 medium packet |
| baby spinach leaves | 1 medium bag | 1 large bag |
| chilli flakes (optional) | pinch | pinch |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2496kJ (597Cal) | 652kJ (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 |

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

- Boil the kettle.
- Roughly chop **baby broccoli** (see ingredients).



Make it saucy

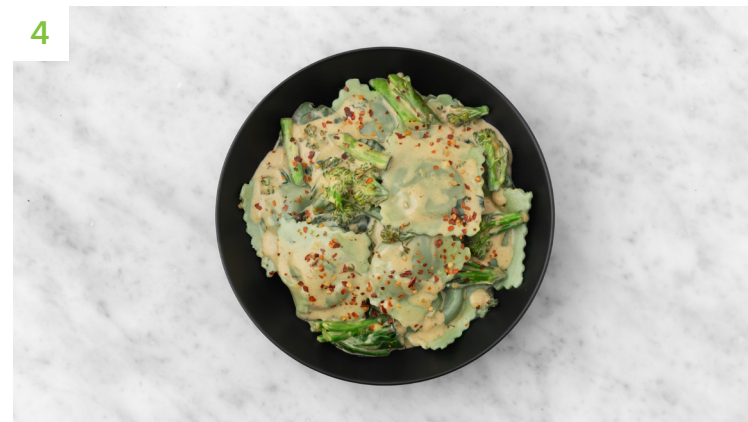
- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, stirring, until softened, **3-4 minutes**.
- Add **garlic paste** and **Aussie spice blend** and cook until fragrant, **1-2 minutes**.
- Add **plant-based cream** (see ingredients) and 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**.



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 and return **ravioli** to the saucepan with a drizzle of **olive oil**.

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



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW06



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate