

EXPLORER









Baby Broccoli

Plant-Based Pumpkin Ravioli

Garlic Paste





Plant-Based

Cream

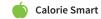
Aussie Spice Blend

Baby Spinach Leaves

Chilli Flakes (Optional)



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



Let's veggie-fy ravioli with this plant-based version packed full of pumpkin and coated in a creamy, garlicky sauce tossed through with courgette and spinach. Add a zap of chilli flakes to zest up the baby broccoli and finish with a punch of flavour.



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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	½ bag	1 bag
courgette	1	2
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 /	pinch	pinch

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614Cal)	521kJ (125Cal)
Protein (g)	21.4g	4.3g
Fat, total (g)	23.4g	4.7g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	74.9g	15.2g
- sugars (g)	9.2g	1.9g
Sodium (mg)	1217mg	247mg

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). Slice courgette into half-moons.



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!



Make it saucy

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook baby broccoli and courgette, 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.



Serve up

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



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