

Plant-Based Pumpkin & Courgette Ravioli

with Creamy Spinach Sauce & Baby Broccoli

EXPLORER

Grab your Meal Kit with this symbol



Baby Broccoli



Courgette



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 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.

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
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 (optional)	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.



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**.



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 and courgette 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



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