



Plant-Based Ravioli & Creamy Spinach Sauce

with Baby Broccoli & Chilli Flakes

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Baby Broccoli



Garlic Paste



Herb & Mushroom Seasoning



Vegetable Stock Powder



Baby Spinach Leaves



Chilli Flakes (Optional)



Plant-Based Mushroom Ravioli



Plant-Based Cream

Prep in: 15-25 mins
Ready in: 20-30 mins

Plant Based

Calorie Smart

Let's veggie-fy this plant-based ravioli packed full of mushrooms 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.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1 bag	1 bag
plant-based mushroom ravioli	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
herb & mushroom seasoning	1 sachet	2 sachets
plant-based cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
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)	2563kJ (613Cal)	663kJ (158Cal)
Protein (g)	21.7g	5.6g
Fat, total (g)	23.6g	6.1g
- saturated (g)	2.9g	0.8g
Carbohydrate (g)	73.2g	18.9g
- sugars (g)	5.7g	1.5g
Sodium (mg)	1607mg	416mg

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**.



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 **herb & mushroom seasoning** and cook until fragrant, **1-2 minutes**.
- Add **plant-based cream** (see ingredients), **vegetable stock powder** and reserved **pasta water**. Simmer, until slightly thickened, **1-2 minutes**.
- Remove from the heat, then add **baby spinach leaves** and cooked **ravioli**. Stir until just wilted, **1 minute**. Season with **pepper**.



Cook the ravioli

- Pour boiling water into a large saucepan over high heat and add a generous pinch of **salt**.
- Add **plant-based mushroom ravioli** and simmer until 'al dente', **3 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return 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 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
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