



# Creamy Pork & Pumpkin Ravioli with Tomato-Rocket Salad

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 4366kJ (1043Cal) | Protein 47.9g | Fat, total 62.5g - saturated 26.6g | Carbohydrate 70.5g - sugars 20.7g | Sodium 2030mg  
The quantities provided above are averages only.

We're here to help! Scan here  
2023 | WK34 | AL



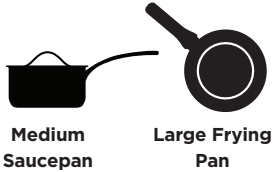
# Get ready

Wash your hands and any fresh food.

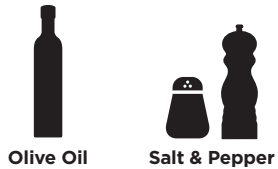
If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You'll need

(along with the basics)



## From the pantry



## From the cool pouch

	2P	4P
Pumpkin & Roasted Onion Ravioli	1 pkt	2 pkts
Pork Mince	1 small pkt	2 small pkts OR 1 large pkt
Garlic Paste	2 pkts	4 pkts
Light Cooking Cream	1 medium pkt	1 large pkt
Parmesan Cheese	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Boil



## 2. Sizzle



## 3. Toss



- Boil kettle. Pour **boiling water** into a saucepan over high heat
- Bring to the boil, add **ravioli** and cook until al dente, **3 mins**
- Meanwhile, chop **tomato**

- In a large frying pan, heat **oil** over high heat
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 mins**
- Reduce heat to medium, add **seasoning** and **garlic paste** and cook until fragrant, **1 min**
- Add **cream**, **chicken stock** and **spinach**. Cook until slightly thickened, **2-3 mins**

- In a bowl, combine **tomato**, **rocket**, **pepitas** and **dressing**. Toss and season to taste
- Add **ravioli** to frying pan using a slotted spoon. Season to taste and toss to coat
- Divide **ravioli** between bowls
- Top with **chilli flakes** (if using) and **Parmesan**. Tear over **parsley**



### Rate your recipe

Did we make your tastebuds happy?

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