



Chicken & Pumpkin Ravioli with Semi-Dried Tomatoes

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3548kJ (848Cal) | Protein 50.6g | Fat, total 40.5g - saturated 18.6g | Carbohydrate 67.5g - sugars 19.5g | Sodium 1658mg
The quantities provided above are averages only

We're here to help! Scan here
2023 | WK40 | V



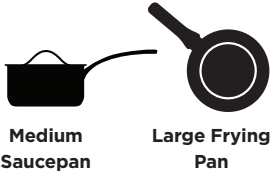
Get ready

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
Semi-Dried Tomatoes	1 pkt	2 pkts
Chicken Breast	1 small pkt	2 small pkts OR 1 large pkt
Pumpkin & Roasted Onion Ravioli	1 pkt	2 pkts
Light Cooking Cream	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://www.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



Semi-Dried Tomatoes



Chicken Breast



Pumpkin & Roasted Onion Ravioli

2. Sizzle



Aussie Spice Blend

3. Serve



Light Cooking Cream



Nan's Special Seasoning



Baby Spinach Leaves



Flaked Almonds

- Boil the kettle. Chop **semi-dried tomatoes**. Cut **chicken** into 2cm chunks
- Half-fill a saucepan with boiled water and bring to a boil over high heat
- Add **ravioli** and cook until 'al dente', **3 mins**
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain

- In a frying pan, heat a drizzle of **oil** over high heat
- Cook **chicken** and **spice blend**, tossing occasionally, until cooked through (when no longer pink inside), **5-6 mins**
- Add **semi-dried tomatoes** and cook, tossing, until fragrant, **1 min**. Transfer to a bowl and set aside

- Wipe out frying pan and return to medium-high heat
- Stir in **cream**, **seasoning** and reserved **pasta water**, until slightly thickened, **1-2 mins**
- Return cooked **chicken** and **tomatoes** and add **ravioli** and **spinach** to pan, tossing to combine, **1 min**. Season with **pepper**
- Divide **ravioli** and **chicken** between bowls. Sprinkle over **flaked almonds**



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