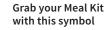


# Saucy Chicken & Bacon Pumpkin Ravioli with Semi-Dried Tomatoes & Parmesan Cheese

FAST & FANCY









Tomatoes

Chicken Breast





Pumpkin & Roasted Onion Ravioli

Diced Bacon





Aussie Spice Blend

**Light Cooking** Cream







Nan's Special Seasoning

**Baby Spinach** Leaves





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





## 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

Medium saucepan · Large frying pan

### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
semi-dried tomatoes	1 packet	2 packets	
chicken breast	1 small packet	2 small packets OR 1 large packet	
pumpkin & roasted onion ravioli	1 packet	2 packets	
diced bacon	1 packet (90g)	1 packet (180g)	
Aussie spice blend	1 medium sachet	1 large sachet	
light cooking cream	1 medium packet	1 large packet	
Nan's special seasoning	1 medium sachet	1 large sachet	
baby spinach leaves	1 medium bag	1 large bag	
Parmesan cheese	1 medium packet	1 large packet	
* D			

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4017kJ (960Cal)	782kJ (187Cal)
Protein (g)	60.6g	11.8g
Fat, total (g)	48.2g	9.4g
- saturated (g)	23.5g	4.6g
Carbohydrate (g)	68.1g	13.3g
- sugars (g)	19.8g	3.9g
Sodium (mg)	2221mg	433mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped & cook the ravioli

- Boil the kettle. Roughly chop semi-dried tomatoes.
- · Cut chicken breast into 2cm chunks.
- Pour the boiled water into a medium saucepan over high heat. Bring to the boil, add pumpkin & roasted onion ravioli and cook until 'al denté',
   3 minutes.
- Reserve pasta water (1/4 cup for 2 people / 1/2 cup for 4 people). Drain ravioli.



#### Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook chicken and diced bacon, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Add Aussie spice blend and semi-dried tomatoes and cook until fragrant,
   1 minute.



## Make it saucy

- Reduce heat to medium and gently stir in light cooking cream, Nan's special seasoning and reserved pasta water, until slightly thickened, 1-2 minutes.
- Remove from heat and stir in cooked ravioli and baby spinach leaves, until
  wilted and combined, 1 minute. Season with pepper.



# Serve up

- Divide saucy chicken and bacon pumpkin ravioli between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

We're here to help!