



Creamy Pork & Roast Pumpkin Ravioli

with Garlic Bread & Rocket Salad

FAST & FANCY

Grab your Meal Kit with this symbol



Pumpkin & Roasted Onion Ravioli



Pork Mince



Tomato & Herb Seasoning



Garlic Paste



Light Cooking Cream



Chicken Stock Pot



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Spinach, Rocket & Fennel Mix



Semi-Dried Tomatoes



Balsamic Vinaigrette Dressing



Parmesan Cheese



Parsley

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

Step up your mid-week pasta game with this decadent combination of roast pumpkin ravioli tossed through a creamy pork sauce complete with garlic croutons to soak up all the deliciousness!

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin & roasted onion ravioli	1 packet	2 packets
pork mince	1 small packet	2 small packets OR 1 large packet
tomato & herb seasoning	1 sachet	2 sachets
garlic paste	2 packets	4 packets
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
bake-at-home ciabatta	1	2
spinach, rocket & fennel mix	1 medium packet	1 large packet
semi-dried tomatoes	1 packet	2 packets
balsamic vinaigrette dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4885kJ (1168Cal)	924kJ (221Cal)
Protein (g)	52.1g	9.9g
Fat, total (g)	60.6g	11.5g
- saturated (g)	21.5g	4.1g
Carbohydrate (g)	97.4g	18.4g
- sugars (g)	20.9g	4g
Sodium (mg)	2691mg	509mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the ravioli

- Boil the kettle. Fill a medium saucepan with the boiling water and place over high heat.
- Cook **pumpkin & roasted onion ravioli** in boiling water, until 'al dente', **3 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), drain and return to saucepan.



Make it saucy

- Stir in **light cooking cream**, **chicken stock pot** and reserved **pasta water**, and simmer until slightly reduced, **2-3 minutes**.
- Remove from heat and add **cooked ravioli** and a pinch of **chilli flakes** (if using), gently tossing to combine. Season to taste.
- Meanwhile, cut **bake-at-home ciabatta** into slices. Toast or grill **ciabatta** to your liking.
- In a small heatproof bowl, add remaining **garlic paste** and a drizzle of **olive oil**. Microwave until fragrant, **10 second** bursts. Brush **garlic oil** over ciabatta slices.



Cook the pork

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium and add **tomato & herb seasoning** and half the **garlic paste**, and cook until fragrant, **1 minute**.



Serve up

- In a large bowl, combine **spinach, rocket & fennel mix**, **semi-dried tomatoes** and **balsamic vinaigrette dressing**. Season to taste.
- Divide creamy pork and roast pumpkin ravioli between bowls. Sprinkle with **Parmesan cheese**. Tear over **parsley**.
- Serve with garlic bread and rocket salad. Enjoy!

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