



Saucy Chicken & Bacon Pumpkin Ravioli

with Semi-Dried Tomatoes & Parmesan Cheese

FAST & FANCY

Grab your Meal Kit with this symbol



Semi-Dried Tomatoes



Chicken Breast



Pumpkin & Roasted Onion Ravioli



Diced Bacon



Aussie Spice Blend



Light Cooking Cream



Nan's Special Seasoning



Baby Spinach Leaves



Parmesan Cheese

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

Eat Me Early

Tasty chicken and pumpkin ravioli truly deserves all the recognition it gets and when paired with some delicious veggies like semi-dried tomatoes and spinach, you'll want to make this one over and over again!

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
semi-dried tomatoes	1 medium packet	2 medium packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
pumpkin & roasted onion ravioli	1 packet	2 packets
diced bacon	1 medium packet	1 large packet
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 packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3949kJ (944Cal)	771kJ (184Cal)
Protein (g)	66.2g	12.9g
Fat, total (g)	42.9g	8.4g
- saturated (g)	18.2g	3.6g
Carbohydrate (g)	67.4g	13.2g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1848mg	361mg
Dietary Fibre (g)	3.2g	0.6g

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.

1



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 and bring to the boil over high heat. Add **pumpkin & roasted onion ravioli** and cook until 'al denté', **3 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **ravioli**.

3



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**.

2



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**.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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