



Pesto Chicken & Bacon Pumpkin Ravioli

with Semi-Dried Tomato & Rocket Salad

FAST & FANCY

Grab your meal kit with this number

22



Pumpkin & Roasted Onion Ravioli



Slow-Cooked Chicken Breast



Diced Bacon



Light Cooking Cream



Basil Pesto



Herb & Mushroom Seasoning



Semi-Dried Tomatoes



Rocket Leaves



Parmesan Cheese

Prep in: 5-15 mins
Ready in: 20-30 mins

This fun, fresh and fast meal is nothing short of fancy. With delectable pumpkin and roasted onion ravioli and tender slow-cooked chicken breast, you've got a seriously fancy meal that is even better than what you'd get at a restaurant.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
basil pesto	1 packet	2 packets
herb & mushroom seasoning	1 sachet	2 sachets
semi-dried tomatoes	1 packet	2 packets
rocket leaves	1 small packet	2 small packets
vinegar* (white wine or balsamic)	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4381kJ (1047cal)	471kJ (113cal)
Protein (g)	54.4g	5.8g
Fat, total (g)	57.3g	6.2g
- saturated (g)	19.7g	2.1g
Carbohydrate (g)	72.1g	7.8g
- sugars (g)	18g	1.9g
Sodium (mg)	2086mg	224.3mg
Dietary Fibre (g)	5.3g	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

- Boil the kettle. Fill a medium saucepan with the boiling water and place over high heat.
- Cook **pumpkin & roasted onion ravioli** in the boiling water, until 'al dente', **3 minutes**.
- Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people), drain and return to saucepan.
- Meanwhile, drain **slow-cooked chicken breast**. Transfer to a bowl, then roughly shred.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Make the salad

- Roughly chop **semi-dried tomatoes**.
- In a medium bowl, combine **rocket leaves, tomatoes** and a drizzle of **vinegar and olive oil**. Season to taste.

2



Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.
- Reduce heat to medium. Add **light cooking cream, basil pesto, herb & mushroom seasoning, shredded chicken, cooked ravioli** and **reserved pasta water** and cook, stirring, until slightly thickened, **1-2 minutes**. Season with **salt and pepper** to taste.

4



Serve up

- Divide pesto and chicken and bacon pumpkin ravioli between bowls.
- Top with **Parmesan cheese**.
- Serve with semi-dried tomato and rocket salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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