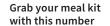


# Creamy Pork & Roast Pumpkin Ravioli with Cucumber-Rocket Salad

FAST & FANCY









Pumpkin & Roasted Onion Ravioli





Herb & Mushroom Seasoning

Garlic Paste





Thickened Cream



Chilli Flakes



(Optional)

Cucumber





Spinach, Rocket & Fennel Mix

Semi-Dried **Tomatoes** 





Balsamic Vinaigrette

Parmesan Cheese





**Pantry items** Olive Oil

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

#### 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
pumpkin & roasted onion ravioli	1 packet	2 packets	
pork mince	1 medium packet	2 medium packets OR 1 large packet	
herb & mushroom seasoning	1 sachets	2 sachets	
garlic paste	1 packet	2 packets	
thickened cream	1 packet	2 packets	
chicken stock pot	1 packet	2 packets	
chilli flakes / (optional)	pinch	pinch	
cucumber	1	2	
spinach, rocket & fennel mix	1 medium packet	2 medium packets	
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)	4294kJ (1026cal)	397kJ (95cal)
Protein (g)	47.5g	4.4g
Fat, total (g)	58.6g	5.4g
- saturated (g)	21.3g	2g
Carbohydrate (g)	72.3g	6.7g
- sugars (g)	21.7g	2g
Sodium (mg)	2112mg	195.3mg
Dietary Fibre (g)	4.1g	0.4g

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.



#### Cook the ravioli

- Boil the kettle. Fill a medium saucepan with the boiling water over high heat.
- Cook pumpkin & roasted onion ravioli in the boiling water, until 'al dente', 3 minutes.
- Reserve some **pasta water** ( $\frac{1}{2}$  cup for 2 people /  $\frac{1}{2}$  cup for 4 people), drain and return to saucepan.

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



#### 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 herb & mushroom seasoning and garlic paste and cook until fragrant, 1 minute.



### Make it saucy

- Stir in thickened cream, chicken stock pot and reserved pasta water and simmer until slightly reduced, 2-3 minutes.
- Remove from heat, then add **cooked ravioli** and a pinch of **chilli flakes** (if using), gently tossing to combine. Season to taste with salt and pepper.
- Meanwhile, thinly slice cucumber into rounds.



#### Serve up

- In a large bowl, combine spinach, rocket & fennel mix, cucumber, 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 cucumber-rocket salad. Enjoy!

