



# Creamy Pork & Roast Pumpkin Ravioli

with Cucumber-Rocket Salad

FAST & FANCY

Grab your meal kit with this number

22



Pumpkin & Roasted Onion Ravioli



Pork Mince



Herb & Mushroom Seasoning



Garlic Paste



Thickened Cream



Chicken Stock Pot



Chilli Flakes (Optional)



Cucumber



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. Balance out the decadence with a light cucumber salad and you've got yourself a complete plate of deliciousness!

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	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](https://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!

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## 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** (¼ cup for 2 people / ½ cup for 4 people), drain and return to saucepan.

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



## 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.



## 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**.



## 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!

## Rate your recipe

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