



Chicken & Pumpkin Ravioli with Semi-Dried Tomatoes

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3555kJ (850Cal) | Protein 49.9g | Fat, total 41g - saturated 18.7g | Carbohydrate 67.5g - sugars 19.5g | Sodium 1662mg
The quantities provided above are averages only

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Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You'll need

(along with the basics)



Medium
Saucepan

Large Frying
Pan

From the pantry



Olive Oil

Salt & Pepper

From the cool pouch

	2P	4P
Semi-Dried Tomatoes	1 pkt	2 pkts
Chicken Breast	1 small pkt	1 large pkt
Pumpkin & Roasted Onion Ravioli	1 pkt	2 pkts
Light Cooking Cream	1 medium pkt	1 large pkt

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. Boil



Semi-Dried Tomatoes



Chicken Breast



Pumpkin & Roasted Onion Ravioli

- Boil the kettle. Chop **semi-dried tomatoes**. Cut **chicken** into 2cm chunks
- Half-fill a saucepan with boiled water and bring to a boil over high heat
- Add **ravioli** and cook until al dente, **3 mins**
- Reserve some **pasta water** (¼ cup for 2P / ½ cup for 4P). Drain



2. Sizzle



Aussie Spice Blend

- In a frying pan, heat a drizzle of **oil** over high heat
- Cook **chicken** and **spice blend**, tossing occasionally, until cooked through (when no longer pink inside), **5-6 mins**
- Add **semi-dried tomatoes** and cook, tossing until fragrant, **1 min**. Transfer to a bowl and set aside



3. Serve



Light Cooking Cream



Nan's Special Seasoning



Baby Spinach Leaves



Flaked Almonds

- Wipe out frying pan and return to medium-high heat
- Add **cream**, **seasoning** and reserved **pasta water**, stirring until slightly thickened, **1-2 mins**
- Return cooked **chicken** and **semi-dried tomatoes** to pan and add **ravioli** and **spinach**, tossing to combine, **1 min**. Season with **pepper**
- Divide **ravioli** and **chicken** between bowls. Sprinkle over **flaked almonds**



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