



Plant-Based Beef Ravioli & Veggie Sauce

with Almond Pangrattato & Caramelised Onion

Grab your Meal Kit with this symbol



Carrot



Zucchini



Herbs



Garlic



Panko Breadcrumbs



Flaked Almonds



Onion



Plant-Based Beef-Style Ravioli



Diced Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

Plant Based

This recipe is proof that a plant-based pasta dish doesn't have to be basic. The rich and tomatoey roast veggie sauce works a treat with the ready-to-cook beef-style ravioli, while the caramelised onion topping offers the perfect balance of sweet and savoury flavours. Sprinkle with an almond and herb-spiked pangrattato for an extra depth of flavour, and some crunch!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Plant-Based Butter

Before you start

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

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

You will need

Oven tray lined with baking paper · Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
herbs	1 stick	2 sticks
garlic	2 cloves	4 cloves
panko breadcrumbs	½ medium packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
plant-based beef-style ravioli	1 packet	2 packets
diced tomatoes	1 tin	2 tins
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
mixed leaves	1 small bag	1 medium bag
plant-based butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3040kJ (726Cal)	463kJ (110Cal)
Protein (g)	24.7g	3.8g
Fat, total (g)	17.1g	2.6g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	114g	17.4g
- sugars (g)	25.1g	3.8g
Sodium (mg)	1408mg	214mg

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 Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **zucchini** into bite-sized chunks. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



4 Cook the pasta

Cook **plant-based beef-style ravioli** in the saucepan of boiling water until 'al dente', **7-8 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to saucepan.

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



2 Make the pangrattato

Meanwhile, pick and finely chop the leaves from the **herbs**. Finely chop **garlic**. In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add **garlic** and **herbs** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl. Stir through **flaked almonds**. Season to taste, then set aside.



5 Cook the sauce

While pasta is cooking, wipe out frying pan, then return to medium-high heat. Add **diced tomatoes**, **garlic & herb seasoning**, **vegetable stock powder**, reserved **pasta water** and remaining **garlic**. Cook, stirring occasionally, until slightly thickened, **3-4 minutes**. Gently stir through the roasted **veggies**, **mixed leaves**, cooked **pasta** and the **plant-based butter** until combined. Season to taste.



3 Caramelize the onion

Bring a medium saucepan of salted water to the boil. Thinly slice **onion**. Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Add **onion to frying pan** and cook, stirring, until softened, **5-6 minutes**. Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



6 Serve up

Divide plant-based beef ravioli and veggie sauce between bowls. Top with caramelised onion and almond pangrattato to serve.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

