



# Saucy Chicken & Bacon Pumpkin Ravioli

with Semi-Dried Tomatoes & Parmesan Cheese

FAST & FANCY

Grab your Meal Kit with this symbol



Semi-Dried Tomatoes



Chicken Breast



Pumpkin & Roasted Onion Ravioli



Diced Bacon



Aussie Spice Blend



Light Cooking Cream



Nan's Special Seasoning



Baby Spinach Leaves



Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 20-30 mins

Eat Me Early

Tasty chicken and pumpkin ravioli truly deserves all the recognition it gets and when paired with some delicious veggies like semi-dried tomatoes and spinach, you'll want to make this one over and over again!

**Pantry items**

Olive Oil

## Before you start

Wash your hands and any fresh food.

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
semi-dried tomatoes	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
pumpkin & roasted onion ravioli	1 packet	2 packets
diced bacon	1 packet (90g)	1 packet (180g)
Aussie spice blend	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4017kJ (960Cal)	782kJ (187Cal)
Protein (g)	60.6g	11.8g
Fat, total (g)	48.2g	9.4g
- saturated (g)	23.5g	4.6g
Carbohydrate (g)	68.1g	13.3g
- sugars (g)	19.8g	3.9g
Sodium (mg)	2221mg	433mg

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.

1



## Get prepped & cook the ravioli

- Boil the kettle. Roughly chop **semi-dried tomatoes**.
- Cut **chicken breast** into 2cm chunks.
- Pour the boiled water into a medium saucepan over high heat. Bring to the boil, add **pumpkin & roasted onion ravioli** and cook until 'al denté', **3 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **ravioli**.

3



## Make it saucy

- Reduce heat to medium and gently stir in **light cooking cream**, **Nan's special seasoning** and **reserved pasta water**, until slightly thickened, **1-2 minutes**.
- Remove from heat and stir in **cooked ravioli** and **baby spinach leaves**, until wilted and combined, **1 minute**. Season with **pepper**.

2



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **diced bacon**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **Aussie spice blend** and **semi-dried tomatoes** and cook until fragrant, **1 minute**.

4



## Serve up

- Divide saucy chicken and bacon pumpkin ravioli between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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