



Product Spotlight: Pine Nuts

Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.



Spinach and Ricotta Ravioli

with Cherry Tomato Sauce

Fresh filled pasta tossed in a lemon and thyme-infused cherry tomato sauce with charred broccoli, fresh rocket and toasted pine nuts.



30 minutes



Vegetarian



2 servings

Spice it up!

Serve this dish with a sprinkle of dried chilli flakes or diced fresh red chilli.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	22g	73g

FROM YOUR BOX

BROCCOLI	1
CHERRY TOMATOES	200g
THYME	1 packet
GARLIC CLOVE	1
LEMON	1
FILLED PASTA	350g
ROCKET LEAVES	1 bag
PINE NUTS	20g

FROM YOUR PANTRY

olive oil for cooking, butter, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

For a quicker option, cut the broccoli into florets and blanch in a saucepan with the pasta, or add florets to the sauce at step 3.

To quickly remove thyme leaves, hold the stem upside down and slide your fingers firmly down from top to bottom.

Toast the pine nuts in a dry frypan until golden, if desired.

No gluten option - Filled pasta is replaced with GF filled pasta. Cook according to packet instructions.



1. CHAR THE BROCCOLI

Bring a large saucepan of water to a boil (for step 4).

Heat a large frypan over medium-high heat. Roughly chop **broccoli** (including stems) and add to the pan (see notes). Cook for 6 minutes, until beginning to char. Add **olive oil** and cook for a further 2 minutes. Remove to a bowl and keep the pan over heat.



4. COOK THE PASTA

Add filled **pasta** to the boiling water. Cook for 2-4 minutes until al dente. Reserve **3/4 cup cooking liquid**. Drain pasta.



2. COOK THE TOMATOES

Add **1/4 cup olive oil** and **cherry tomatoes** to the pan. Cook, semi-covered, for 5-7 minutes, until the tomatoes are blistered and bursting. Reduce heat to medium.



5. TOSS THE PASTA

Add the **cooked pasta**, **broccoli** and **reserved cooking liquid** to the sauce. Toss gently to combine and coat. Season to taste with **salt** and **pepper**.



3. MAKE THE SAUCE

Pick **thyme leaves** (use to taste, see notes) and crush **garlic**. **Zest and juice 1/2 lemon** (wedge remaining). Add to pan along with **1 tbsp butter**. Cook for 2 minutes, stirring gently to combine.



6. FINISH AND SERVE

Divide the **rocket leaves** among shallow bowls. Top with the **pasta and sauce**, then garnish with **pine nuts** (see notes), **lemon wedges**, and the **remaining thyme**.

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