




**Product Spotlight:
iPastai**


Local WA business iPastai uses only local meat and vegetables for their filled pasta with no artificial colours, flavours or preservatives. The result is outstanding!



One Dish Pumpkin Ravioli Bake

This one-dish wonder is perfect to fill the bellies of the whole family. Luscious pumpkin ravioli, tossed with tomato sugo and vegetables and baked with crunchy panko crumb topping.

 25 minutes

 4 servings

 Vegetarian

Hide it!

Want to hide the veggies from picky eaters? Use a stick mixer or blender to blend the sugo and vegetables then toss with the ravioli.

Per serve: **PROTEIN** 23g **TOTAL FAT** 18g **CARBOHYDRATES** 81g

FROM YOUR BOX

CHERRY TOMATOES	200g
ZUCCHINI	1
BABY SPINACH	120g
TOMATO SUGO	1 jar
PUMPKIN RAVIOLI	800g
PANKO CRUMBS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

oven dish

NOTES

Get some extra servings out of the pasta bake by serving with a side of steamed green vegetables or garden salad.

You can garnish the pasta bake with parmesan cheese, finely chopped parsley, basil or oregano.

No gluten option - ravioli is replaced with gluten free ravioli and panko crumbs are replaced with quinoa flakes.



1. PREPARE THE INGREDIENTS

Set oven to 220°C.

Halve tomatoes, grate zucchini. Add to oven dish with spinach, sugo, **2 cups water**, **2 tsp Italian herbs**, **salt and pepper**. Stir to combine (see cover for notes).



2. TOSS THE RAVIOLI

Add ravioli to oven dish and toss with vegetables and tomato sugo to combine.



3. TOP THE PASTA & BAKE

Sprinkle panko crumbs over the pasta bake. Drizzle well with **oil**. Bake for 10-15 minutes until pasta is cooked and top is golden.



4. FINISH AND SERVE

Serve pasta bake tableside (see notes).



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