

Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



with Ham & Cheese Ravioli

A hearty minestrone with diced pumpkin and fresh ravioli from iPastai, all simmered in one pot then garnished with fresh basil.





If you don't feel like making soup, you can sauté the vegetables in a pan until soft. Toss the cooked ravioli through the vegetables and garnish with basil.

15 July 2022

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
ΤΟΜΑΤΟ	1
CELERY STALK	1
STOCK PASTE	1 jar
TOMATO PASTE	1 sachet
FRESH RAVIOLI	300g
BASIL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, 1 garlic clove

KEY UTENSILS

large saucepan

NOTES

You can peel the pumpkin if preferred!

If you used the whole pumpkin you may need to add another 1 tsp stock paste and 1 cup water in step 3 to cook the ravioli.

Add a sprinkle of parmesan cheese to serve if you have some!

No gluten option – ravioli is replaced with gluten-free ravioli and ham. Slice ham and add to the saucepan along with vegetables in step 1. Add ravioli to broth as per step 3, along with an extra 1/2 cup water.



1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium heat with **olive oil**. Dice pumpkin (2–3cm, use to taste), capsicum and tomato (see notes). Slice celery. Add all to pan as you go along with **1–2 tsp oregano**. Cook for 5 minutes until softened.



2. SIMMER THE BROTH

Add **1 crushed garlic clove** and <u>1/2 jar</u> <u>stock paste</u>. Stir in tomato paste and **3 cups water** (see notes). Cover, bring to the boil and simmer for 10 minutes.



3. ADD THE RAVIOLI

Stir ravioli into broth. Simmer, uncovered, for a further 5 minutes until cooked through. Season to taste with **salt and pepper**.



4. FINISH AND SERVE

Divide minestrone among bowls. Garnish with fresh basil leaves (see notes).

