




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 Ravioli Bake

This one-dish wonder is perfect to fill the bellies of the whole family. Spinach & Ricotta ravioli, tossed with tomato sauce and vegetables and baked with crunchy panko crumb topping.

 25 minutes

 2 servings

 Vegetarian

Hide it!

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

Per serve: **PROTEIN** 27g **TOTAL FAT** 18g **CARBOHYDRATES** 76g

FROM YOUR BOX

CHERRY TOMATOES	200g
ZUCCHINI	1
BABY SPINACH	120g
TOMATO SUGO	1 jar
SPINACH & RICOTTA RAVIOLI	350g
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** and grate **zucchini**. Add to an oven dish along with **spinach** (use to taste), **tomato sugo**, **1 1/2 cups water**, **1 1/2 tsp Italian herbs**, **salt and pepper**. Stir to combine (see cover for notes).



2. TOSS THE RAVIOLI

Add **ravioli** to the oven dish. 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 **panko crumbs** are golden.



4. FINISH AND SERVE

Serve **pasta bake** tableside (see notes) for everyone to enjoy!



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