



### 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 sugo and vegetables and baked with crunchy panko crumb topping.



25 minutes



4/6 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 | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 28g     | 19g       | 74g           |

## FROM YOUR BOX

|                           | 4 PERSON | 6 PERSON |
|---------------------------|----------|----------|
| CHERRY TOMATOES           | 2 x 200g | 3 x 200g |
| ZUCCHINI                  | 1        | 1        |
| BABY SPINACH              | 120g     | 120g     |
| TOMATO SUGO               | 1 jar    | 2 jars   |
| SPINACH & RICOTTA RAVIOLI | 2 x 350g | 3 x 350g |
| PANKO CRUMBS              | 2 x 30g  | 2 x 30g  |

## 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.



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### 1. PREPARE THE INGREDIENTS

Set oven to 220°C.

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

**6P** - use **2 1/2 cups water and 3 tsp Italian herbs**.



### 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!

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

