



# UCCOOK

## Veggie Gorgonzola & Ricotta Ravioli

with cream, a zesty crumb & pecan nuts

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Waterford Estate | Waterford MCC

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 521kj    | 3172kj      |
| Energy             | 125kcal  | 759kcal     |
| Protein            | 3.6g     | 21.7g       |
| Carbs              | 14g      | 83g         |
| of which sugars    | 3g       | 18.5g       |
| Fibre              | 2.1g     | 12.5g       |
| Fat                | 6g       | 36.2g       |
| of which saturated | 2.9g     | 17.8g       |
| Sodium             | 107mg    | 654mg       |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                        |
|----------|------------|--------------------------------------------------------|
| 150g     | 300g       | Butternut & Ricotta Ravioli                            |
| 50g      | 100g       | Kale<br><i>rinse &amp; roughly shred</i>               |
| 20ml     | 40ml       | Panko Breadcrumbs                                      |
| 10g      | 20g        | Pecan Nuts<br><i>finely chop</i>                       |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |
| 120g     | 120g       | Carrot<br><i>rinse, trim, peel &amp; roughly dice</i>  |
| 1        | 1          | Onion<br><i>peel &amp; finely dice</i>                 |
| 1        | 2          | Garlic Clove/s<br><i>peel &amp; grate</i>              |
| 30ml     | 60ml       | White Wine                                             |
| 50ml     | 100ml      | Fresh Cream                                            |
| 30g      | 60g        | Gorgonzola Cheese                                      |
| 10ml     | 20ml       | Lemon Juice                                            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter (optional)  
Seasoning (salt & pepper)

**1. LET'S GET GOING** Bring a pot of salted water to a boil for the ravioli. Cook the ravioli until they float to the surface, 1-2 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil. Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated in oil.

**2. HERE I CRUMB** Place a pan over medium-high heat with a drizzle of oil. Fry the breadcrumbs, the pecans, the parsley, and seasoning until the crumbs have browned, 2-3 minutes (shifting occasionally). Remove from the pan.

**3. SAUTÉED VEGGIE** Return the pan to medium-high heat with a drizzle of oil or a knob of butter. Fry the carrot until slightly soft, 4-5 [5-6] (shifting occasionally). Add the massaged kale and fry until slightly wilted, 2-3 minutes. Remove from the pan and set aside.

**4. GET SAUCY!** Return the pot (used to boil the ravioli) to medium heat with a drizzle of oil. Fry the onion until starting to soften, 4-5 [5-6] (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Stir through the white wine and simmer until almost evaporated. Add the reserved pasta water and mix to combine. Simmer until slightly reduced, 3-4 minutes. Stir in the cream and the gorgonzola. Simmer until slightly thickened, 2-3 minutes. Toss through the ravioli. Drizzle over the lemon juice (to taste) and season.

**5. GORGONZOLA HEAVEN!** Bowl up some of the saucy gorgonzola ravioli and top with the tangy crumb. Side with the sautéed carrot & kale.

**Chef's Tip** Make sure you use a large enough pot to boil the ravioli so that they don't end up sticking together from overcrowding. You can boil them in batches if necessary.