



UCOOK

Basil & Ricotta Beef Ravioli

with sunflower seeds

This recipe is so decadent yet quick and easy to make, it will feel like you're using a culinary cheatsheet in the kitchen tonight, Chef! Pillowy ravioli pasta pockets are filled with peppery basil & creamy ricotta. Served with browned beef mince, coated in a rich napoletana sauce, & garnished with cheese and crunchy sunflower seeds.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Quick & Easy

Creation Wines | Creation Viognier

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Ingredients & Prep

125g	Basil & Ricotta Ravioli
150g	Free-range Beef Mince
1 unit	UCOOK Napoletana Sauce
20ml	Grated Italian-style Hard Cheese
5g	Sunflower Seeds
3g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. READY THE RAVIOLI 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 and toss through a drizzle of olive oil.

2. NNNICE NAPOLETANA DISH Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the napoletana sauce and allow to heat through, 4-5 minutes. Add the cooked ravioli and season.

3. PASTA NIGHT Bowl up the saucy ravioli. Garnish with the cheese, the sunflower seeds, and picked basil.



Chef's Tip

Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	8.6g
Carbs	13g
of which sugars	4.1g
Fibre	1.8g
Fat	7.9g
of which saturated	3g
Sodium	273mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
2 Days