



UCCOOK

Bacon, Spinach & Ricotta Ravioli

with oregano & pecan pieces

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info

	Per 100g	Per Portion
Energy	1280kJ	4725kJ
Energy	306kcal	1130kcal
Protein	12.3g	45.3g
Carbs	19g	69g
of which sugars	3.8g	13.9g
Fibre	2.7g	9.8g
Fat	20.4g	75.3g
of which saturated	8.2g	30.3g
Sodium	673mg	2486mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
175g	350g	Spinach & Ricotta Ravioli
4 strips	8 strips	Streaky Pork Bacon <i>roughly chop</i>
50g	100g	Spinach <i>rinse & roughly shred</i>
50ml	100ml	Crème Fraîche
2.5ml	5ml	Dried Oregano
10ml	20ml	Lemon Juice
10g	20g	Pecan Nuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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, reserving the pasta water, and toss through a drizzle of olive oil.

2. CREAMY PASTA Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bacon until slightly crispy, 3-4 minutes. Add the spinach and fry until slightly wilted, 1-2 minutes. Add 150ml [300ml] of the reserved pasta water. Remove from the heat and mix in the crème fraîche. Add the ravioli, ½ the oregano, and seasoning.

3. INDULGE IN ITALY Bowl up the creamy spinach ravioli and drizzle over the lemon juice (to taste). Garnish with the nuts and the remaining oregano.

Chef's Tip Place the pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.