



UCCOOK

Veggie Gorgonzola & Ricotta Ravioli

with cream, a zesty crumb & pecan nuts

Hands-on Time: 25 minutes

Overall Time: 40 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 <i>rinse & roughly shred</i>
20ml	40ml	Panko Breadcrumbs
10g	20g	Pecan Nuts <i>finely chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
120g	120g	Carrot <i>rinse, trim, peel & roughly dice</i>
1	1	Onion <i>peel & finely dice</i>
1	2	Garlic Clove/s <i>peel & 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 ½ a 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.