



# UCOOK

## Vegetarian Gorgonzola & Ricotta Ravioli

with cream, a zesty crumb & pecan nuts

Delicious ravioli doused in a silky gorgonzola sauce, sprinkled with a zesty panko, pecan & parsley crumb, and sided with sautéed kale & carrot. Bellissima!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Fan Faves

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 Delheim Wines | Delheim Staying Alive Riesling

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## Ingredients & Prep

150g	Butternut & Ricotta Ravioli
50g	Kale <i>rinsed &amp; roughly shredded</i>
20ml	Panko Breadcrumbs
10g	Pecan Nuts <i>finely chopped</i>
4g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
120g	Carrot <i>½ trimmed, peeled, &amp; roughly diced</i>
1	Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
30ml	White Wine
50ml	Fresh Cream
30g	Gorgonzola

## From Your Kitchen

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

**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, 2-3 minutes. Drain, reserving ½ a cup of pasta water, and toss through a drizzle of olive oil. Place the shredded 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. When hot, fry the breadcrumbs, the chopped pecans, the chopped parsley, the lemon zest (to taste) and seasoning. Fry until the breadcrumbs 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. When hot, fry the diced carrot until slightly soft, 4-5 minutes (shifting occasionally). Add the massaged kale and fry until slightly wilted, 2-3 minutes.

**4. GET SAUCY!** Return the pot (used to boil the ravioli) to medium heat with a drizzle of oil. When hot, fry the diced onion until starting to soften, 4-5 minutes (shifting occasionally). Add the grated 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, 2-5 minutes. Stir in the cream and the gorgonzola. Simmer until slightly thickened, 2-3 minutes. Toss through the ravioli. Squeeze over some lemon juice 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. Serve any remaining lemon wedges on the side.



## 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.

## Nutritional Information

Per 100g

Energy	552kJ
Energy	132kcal
Protein	3.7g
Carbs	14g
of which sugars	2.9g
Fibre	2.2g
Fat	6.6g
of which saturated	3.3g
Sodium	113mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook  
within 3  
Days