



UCOOK

Tasty Butternut & Ricotta Ravioli

with aubergine & balsamic reduction

Did you know that the word 'ravioli' comes from an old Italian word that means 'to wrap'? Well, today, you're going to wrap your taste buds around these fluffy filled pillows of deliciousness. Butternut & ricotta ravioli are combined with roasted aubergine, tangy tomatoes, fresh greens, peppery basil & completed with a creamy crème fraîche dressing.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

🍷 Veggie

🍷 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
150g	Butternut & Ricotta Ravioli
10g	Sunflower Seeds
15ml	Lemon Juice
40ml	Crème Fraîche
1	Tomato <i>½ roughly diced</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Basil <i>rinsed & roughly torn</i>
10ml	Balsamic Reduction

From Your Kitchen

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

1. AWESOME AUBS Preheat the oven to 200°C. Place the aubergine chunks on a roasting tray, skin-side down. Coat in oil, season, and spread out evenly. Roast in the hot oven for 15-20 minutes until soft, shifting occasionally.

2. GOLDEN SEEDS Place a pan, large enough for the ravioli, over a medium heat with the sunflower seeds. Toast for 3-5 minutes until golden. Remove from the pan and set aside to cool.

3. BOIL THE RAVI-ONLY Bring a pot (for the ravioli) of salted water to the boil. When the water is boiling, cook the ravioli for 2-3 minutes until al dente. Drain and toss through some oil to prevent sticking.

4. ALWAYS BETTER WITH BUTTER When the ravioli is done, return the pan to a medium-high heat with 30g of butter and a drizzle of oil. When the butter foams, add the lemon juice (to taste) and the ravioli, in a single layer. Fry for 2-3 minutes per side, until golden, gently shaking the pan regularly to prevent sticking. Set aside.

5. TIME TO COMBINE Loosen the crème fraîche with water in 5ml increments until drizzling consistency. Set aside. In a salad bowl, combine the fried ravioli, the aubergine chunks, the diced tomatoes, the shredded salad leaves, seasoning, and ½ the torn basil.

6. DELICIOUS DINNER! Plate up the loaded ravioli salad and drizzle over the loosened crème fraîche and the balsamic reduction. Scatter over the toasted pumpkin seeds and garnish with the remaining basil.

Nutritional Information

Per 100g

Energy	433kJ
Energy	104kcal
Protein	2.7g
Carbs	13g
of which sugars	4.5g
Fibre	2.2g
Fat	4.3g
of which saturated	2.1g
Sodium	43mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within 3
Days