



U C O O K

— COOKING MADE EASY

Mamma Mia Ravioli

**with a rainbow pomodoro sauce,
bocconcini & fresh basil**

Pomodoro means "tomato" in Italian. Here, piquanté peppers, garlic, and a rainbow medley of baby tomatoes come together with flair to smother mouthwatering morsels of spinach and ricotta ravioli and balls of soft Italian cheese.

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

 **Vegetarian**

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Ingredients & Prep

10g	Pumpkin Seeds
1	Garlic Clove <i>peeled & grated</i>
150g	Rainbow Baby Tomato Medley <i>rinsed</i>
50g	Mild Piquanté Peppers <i>drained & roughly chopped</i>
175g	Spinach & Ricotta Ravioli
5g	Fresh Basil <i>rinsed, picked & gently shredded</i>
4	Bocconcini Balls <i>drained & halved</i>
20g	Rocket & Baby Spinach Mix <i>rinsed</i>
10ml	Balsamic Glaze

From Your Kitchen

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

1. START WITH THE SEEDS Place a saucepan that has a lid over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

2. RAINBOW POMODORO SAUCE Return the pan to a low-medium heat with a drizzle of oil. When hot, add in the grated garlic, rinsed baby tomatoes, and chopped piquanté peppers. Give a stir and pop on the lid. Cook for 5-6 minutes until the tomatoes are soft, using your cooking utensil to break them up as they cook. Take care not to spatter yourself with hot juice! If the sauce becomes too dry, add in another drizzle of oil or a knob of butter. On completion, season to taste and set aside in a bowl. Wipe down the pan and set aside for step 4.

3. BOIL THE RAVIOLI Boil the kettle. Fill a pot with boiling water, add a generous pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the ravioli for 3-4 minutes until they begin to float and are heated through. Drain on completion.

4. CRISP THE RAVIOLI Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. Once foaming, fry the ravioli in a single layer for 3-4 minutes until crispy and golden, tossing occasionally. On completion, return all of the ravioli to the pan.

5. ALL TOGETHER NOW! Keeping the pan on the heat, add in the pomodoro sauce. Cook for 2-3 minutes until heated through, gently tossing to coat the ravioli. Remove from the heat and stir in half of the shredded basil and half of the bocconcini halves. Finally, add some more seasoning if necessary. Toss a drizzle of oil through the rinsed rocket and baby spinach.

6. BOWL UP Stock up with mouthwatering ravioli al pomodoro. Scatter over the remaining shredded basil, the toasted pumpkin seeds, and the remaining bocconcini. Serve the dressed leaves on the side with drizzles of balsamic glaze. Buon appetito!



Chef's Tip

Boil the ravioli in batches to prevent crowding the pot and overcooking.

Nutritional Information

Per 100g

Energy	608kj
Energy	145Kcal
Protein	6.7g
Carbs	17g
of which sugars	4.9g
Fibre	2.2g
Fat	4.5g
of which saturated	2.6g
Sodium	216mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days