



UCOOK

Spinach & Ricotta Dumplings

**with a sage butter sauce & a wholesome
salad**

True delight in the simplest of flavours! You can't go wrong with these delightful spinach & ricotta dumplings, drizzled with a delicious sage butter sauce. Served with a kalamata olive, tomato, and red onion salad, and garnished with toasted pine nuts.

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Vegetarian

 Robertson Winery | Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Ricotta
160ml	Grated Italian-style Hard Cheese
80g	Spinach <i>rinsed & roughly chopped</i>
240ml	Cake Flour
40g	Pine Nuts
80g	Green Leaves <i>rinsed</i>
2	Plum Tomatoes <i>diced</i>
80g	Pitted Kalamata Olives <i>drained & halved</i>
1	Red Onion <i>peeled & finely sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
20g	Fresh Sage <i>rinsed & picked</i>

From Your Kitchen

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

1. MAKE THE DOUGH In a bowl, combine the ricotta, the grated hard cheese, the chopped baby spinach, and some seasoning. Using the back of a fork, mix to combine well, pressing the ingredients together. Then add the flour, one tablespoon at a time, mixing each tablespoon in before adding the next. Mix until a workable dough forms. Then use your hands to roll the dough into small dumplings, about the size of a litchi.

2. BOIL BABY, BOIL Bring a large, wide pot of water to a boil, with enough to enable the dumplings to rise once they are cooked. Once the water is boiling, carefully add the dumplings. Let them cook for 4-5 minutes until they rise to the top. Remove with a slotted spoon and set aside.

3. TOASTED PINE NUTS Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan. In a salad bowl, toss the rinsed green leaves with the chopped plum tomatoes, the halved olives, the sliced red onion, a drizzle of oil, and some seasoning.

4. BUTTERY DUMPLINGS Return the pan to a medium-low heat with a drizzle of oil and a knob of butter. When hot, fry the ricotta dumplings in a single layer for 2-3 minutes per side until golden, gently shaking the pan regularly to prevent sticking. You may have to do this step in batches. In the final 1 minute, add the grated garlic and fry until fragrant. Drain on some paper towel.

5. SAGE BUTTER BEAUTY Wipe down the pan, if necessary, and return it to a medium-high heat with 160g of butter. Once foaming, add in the rinsed sage leaves and spread out in a single layer. Fry for 1-2 minutes until the butter has a nutty aroma and the leaves are crispy – watch closely to make sure they don't burn!

6. GRAND FINALE! Dish up the ricotta dumplings with the wholesome salad alongside. Drizzle over the sage butter sauce, scattering the dumplings with sage leaves and the toasted pine nuts. Enjoy your hard work, Chef!

Nutritional Information

Per 100g

Energy	512kJ
Energy	122Kcal
Protein	6.2g
Carbs	11g
of which sugars	2g
Fibre	1.9g
Fat	6.3g
of which saturated	2.9g
Sodium	96mg

Allergens

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

Cook
within
4 Days