



Eat Within 3 Days

WCOOK

Bubbling Baked Ravioli

with Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	458kJ	2340kJ
Energy	110kcal	560kcal
Protein	3.7g	18.8g
Carbs	15.9g	81.4g
of which sugars	3.3g	17.1g
Fibre	2g	10.3g
Fat	3.2g	16.5g
of which saturated	1.8g	9g
Sodium	224mg	1146mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat,
Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Butternut & Ricotta Ravioli
60ml	80ml	Grated Italian-style Hard Cheese
125ml	160ml	Panko Breadcrumbs
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	NOMU Italian Rub
300g	400g	Cooked Chopped Tomato
90ml	125ml	Crème Fraîche
150g	200g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Butter

1. BUBBLING AWAY Preheat the oven to the grill setting or the highest temperature. 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 and toss through a drizzle of olive oil.

2. CRUNCHY CRUMB Heat 80g [100g] of butter in the microwave or in a pot over the stove until completely melted. Remove from the heat, mix in the grated cheese, the breadcrumbs, and the seasoning. Remove from the pot and set aside.

3. BEAUTIFUL SAUCE Return the pot to medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and the NOMU rub and fry until fragrant, 1 minute (shifting constantly). Stir in the cooked tomato, 150ml [200ml] of warm water, and simmer until slightly reduced, 8-10 [10-12] minutes. Stir through the crème fraîche, spinach, seasoning, and a sweetener (to taste). Remove from the heat.

4. GRILL UNTIL GOLDEN Add the cooked ravioli to the sauce and mix until fully coated. Place in an ovenproof dish. Sprinkle over the crumb mixture and pop in the oven. Grill until the breadcrumbs are golden, 4-5 minutes.

5. PASTA-TIVELY DELICIOUS! Plate up a generous helping of the baked ravioli and dive in, Chef!