



UCOOK

Haute Cabrière Ravioli

with spinach & ricotta, pomodoro sauce & bocconcini

Pomodoro means "tomato" in Italian. Here, piquanté peppers, garlic, and a rainbow medley of baby tomatoes meld together with flavoursome flair to smother mouthwatering morsels of spinach and ricotta ravioli, topped off with balls of soft Italian cheese, fresh basil and a crunch of pumpkin seeds. Ah, si piccola!


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

10g	Pumpkin Seeds
1	Garlic Clove <i>peeled & grated</i>
150g	Rainbow Baby Tomato Medley
50g	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	Green Leaves <i>rinsed</i>
10ml	Balsamic Glaze

From Your Kitchen

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

1. SEEDS Boil the kettle for step 3. Place a lidded pan on medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and colour. Remove on completion and set aside for serving.

2. SAUCE Return the pan to a medium-low heat with a drizzle of oil. When hot, add in the grated garlic, baby tomatoes, and chopped piquanté peppers. Give a stir and pop on the lid. Cook for 5-6 minutes until the tomatoes are soft, breaking them up as they cook. If the sauce becomes too dry, add in a drizzle of oil or a knob of butter. On completion, season and set aside. Wipe down the pan and set aside for step 4.

3. BOIL Place a pot, with generously salted boiling water, 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 and toss with oil.

4. CRISP 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.

5. AND! 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 through ½ of the shredded basil, ½ of the bocconcini halves and seasoning to taste. Toss a drizzle of oil through the rinsed green leaves.

6. GO! Plate up the ravioli al pomodoro. Scatter over the remaining basil, toasted pumpkin seeds, and 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	730kJ
Energy	175Kcal
Protein	7.7g
Carbs	18g
of which sugars	5.8g
Fibre	2.4g
Fat	7.7g
of which saturated	4.3g
Sodium	194mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days