



UCOOK

Butternut & Ricotta Ravioli

with crème fraîche, sun-dried tomato & basil

Flavourful butternut & ricotta ravioli, rounded off with fresh, zesty crème fraîche and basil – flavours that you just can't beat. The trick to this dish is to cook the aubergine to perfection, the rest just rolls out from there.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

🍄 Veggie

🍷 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized pieces</i>
3g	Fresh Basil <i>rinsed & picked</i>
30ml	Crème Fraîche
10ml	Lemon Juice
150g	Butternut & Ricotta Ravioli
20g	Salad Leaves <i>rinsed</i>
10g	Sunflower Seeds
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
10ml	Balsamic Vinegar

From Your Kitchen

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

1. AWESOME AUBS Preheat the oven to 220°C. Spread the aubergine pieces on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. LEMON-BASIL CRÈME Roughly tear ½ of the picked basil leaves. Combine the crème with ½ the lemon juice (to taste), the torn basil, a drizzle of oil, and seasoning. When the aubergine has 5 minutes to go, toss ½ the lemon-basil crème fraîche through the aubergine and return to the oven.

3. BOILED & DRESSED 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. Place the rinsed salad leaves in a bowl and toss with a drizzle of olive oil and seasoning.

4. TOASTING Place the sunflower seeds in a pan (large enough for the ravioli) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. CRISP FINISH When the ravioli is done, return the pan to medium-high heat with 30g of butter and a drizzle of oil. When the butter starts to foam, add the remaining lemon juice (to taste), and fry the ravioli in a single layer until golden, 2-3 minutes per side (gently shaking the pan regularly). Toss through the roasted creamy aubergine, the remaining lemon-basil crème fraîche, the chopped sun-dried tomatoes, and seasoning.

6. RAVISHING RAVIOLI Dish up the ravioli. Top with the remaining basil. Side with the salad leaves. Garnish with the toasted sunflower seeds. Drizzle over the balsamic vinegar. There you have it!

Nutritional Information

Per 100g

Energy	440kJ
Energy	110kcal
Protein	3.1g
Carbs	14g
of which sugars	4.2g
Fibre	2.6g
Fat	4.7g
of which saturated	2g
Sodium	60mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days