



UCOOK

Blissful Butternut Ravioli

with a creamy red pepper sauce

Butternut and ricotta ravioli encasing a dreamy butternut and ricotta filling, smothered in a silky smooth homemade Neapolitan cream sauce. This is the dish that food dreams are made of!

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Vegetarian

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

150g	Butternut & Ricotta Ravioli
10g	Pine Nuts
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
7,5ml	NOMU Provençal Rub
50ml	Fresh Cream
100ml	Tomato Passata
20g	Green Leaves <i>rinsed</i>
15ml	Pesto Princess Basil Pesto
15g	Whole Italian-style Hard Cheese <i>grated</i>

From Your Kitchen

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

1. BOIL BABY, BOIL Boil the kettle. Place a pot for the ravioli over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Once boiling, cook the ravioli for 2-3 minutes until they begin to float and are heated through. Drain on completion, reserving a cup of pasta water, and return to the pot. Toss through some oil to prevent sticking.

2. LET'S GO 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 on completion.

3. DREAMY RED PEPPER SAUCE Return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes, until soft and translucent, shifting occasionally. Add the grated garlic, the red pepper pieces and the rub. Fry for 2-3 minutes, shifting constantly. On completion, place in a blender along with the cream, the tomato passata, and some seasoning. Pulse until smooth.

4. TOSS TOGETHER Add the creamy red pepper sauce to the pot of drained pasta. Toss until fully coated. If the sauce is too thick for your liking, add the reserved pasta water until the desired consistency.

5. YOU BUTTERNUT FORGET TO GARNISH Plate a hearty helping of the saucy ravioli. Scatter over the rinsed green leaves, a generous drizzle of pesto, a sprinkle of the grated cheese and the toasted pine nuts. Divine!

Nutritional Information

Per 100g

Energy	559kJ
Energy	134Kcal
Protein	4.1g
Carbs	13g
of which sugars	3.2g
Fibre	2.2g
Fat	7.6g
of which saturated	3.3g
Sodium	202mg

Allergens

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

Cook
within 2
Days