



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Veggie

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 Sijnn Wines | Sijnn Saignée 2018

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## Ingredients & Prep

1kg	Aubergine <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
10g	Fresh Basil <i>rinsed &amp; picked</i>
125ml	Crème Fraîche
40ml	Lemon Juice
600g	Butternut & Ricotta Ravioli
80g	Salad Leaves <i>rinsed</i>
40g	Sunflower Seeds
100g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
40ml	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 120g 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