



UCOOK

Vegetarian Gorgonzola & Ricotta Ravioli

with cream, a zesty crumb & pecan nuts

Delicious ravioli doused in a silky gorgonzola sauce, sprinkled with a zesty panko, pecan & parsley crumb, and sided with sautéed kale & carrot. Bellissima!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Fan Faves

 Delheim Wines | Delheim Staying Alive Riesling

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

| | |
|-------|---|
| 300g | Butternut & Ricotta Ravioli |
| 100g | Kale <i>rinsed & roughly shredded</i> |
| 40ml | Panko Breadcrumbs |
| 20g | Pecan Nuts <i>finely chopped</i> |
| 8g | Fresh Parsley <i>rinsed, picked & finely chopped</i> |
| 1 | Lemon <i>zested & cut into wedges</i> |
| 120g | Carrot <i>trimmed, peeled, & roughly diced</i> |
| 1 | Onion <i>peeled & finely diced</i> |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 60ml | White Wine |
| 100ml | Fresh Cream |
| 60g | Gorgonzola |

From Your Kitchen

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

1. LET'S GET GOING Bring a pot of salted water to a boil for the ravioli. Cook the ravioli until they float to the surface, 2-3 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated in oil.

2. HERE I CRUMB Place a pan over medium-high heat with a drizzle of oil. When hot, fry the breadcrumbs, the chopped pecans, the chopped parsley, the lemon zest (to taste) and seasoning. Fry until the breadcrumbs have browned, 2-3 minutes (shifting occasionally). Remove from the pan.

3. SAUTÉED VEGGIE Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the diced carrot until slightly soft, 5-6 minutes (shifting occasionally). Add the massaged kale and fry until slightly wilted, 2-3 minutes.

4. GET SAUCY! Return the pot (used to boil the ravioli) to medium heat with a drizzle of oil. When hot, fry the diced onion until starting to soften, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes. Stir through the white wine and simmer until almost evaporated. Add the reserved pasta water and mix to combine. Simmer until slightly reduced, 2-5 minutes. Stir in the cream and the gorgonzola. Simmer until slightly thickened, 2-3 minutes. Toss through the ravioli. Squeeze over some lemon juice and season.

5. GORGONZOLA HEAVEN! Bowl up some of the saucy gorgonzola ravioli and top with the tangy crumb. Side with the sautéed carrot & kale. Serve any remaining lemon wedges on the side.



Chef's Tip

Make sure you use a large enough pot to boil the ravioli so that they don't end up sticking together from overcrowding. You can boil them in batches if necessary.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 552kj |
| Energy | 132kcal |
| Protein | 3.7g |
| Carbs | 14g |
| of which sugars | 2.9g |
| Fibre | 2.2g |
| Fat | 6.6g |
| of which saturated | 3.3g |
| Sodium | 113mg |

Allergens

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

Cook
within 3
Days