



# UCOOK

## Homemade Rocket Pesto & Ravioli

**with pickled peppers & bocconcini balls**

Dreamy spinach & ricotta ravioli is doused in a delicious homemade sunflower seed & rocket pesto, topped with bocconcini balls, sprinkled with fragrant basil, and drizzled with a sweet balsamic reduction. Sooooo good!

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 Veggie

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 Boschendal | Rache'sfontein Chenin Blanc

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## Ingredients & Prep

|        |  |
|--------|--|
| 525g   | Spinach & Ricotta Ravioli  |
| 15g    | Sunflower Seeds  |
| 120g   | Rocket<br><i>rinsed</i>  |
| 12g    | Fresh Basil<br><i>rinsed, picked &amp; roughly chopped</i>               |
| 2      | Garlic Cloves<br><i>1½ peeled &amp; grated</i>                           |
| 90g    | Italian-style Hard Cheese<br><i>½ grated &amp; ½ peeled into ribbons</i> |
| 150g   | Pickled Bell Peppers<br><i>drained &amp; roughly chopped</i>             |
| 6      | Bocconcini Balls<br><i>drained &amp; cut into quarters</i>               |
| 22,5ml | Balsamic Reduction   |

## From Your Kitchen

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

**1. BUBBLING AWAY** 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. PREP & PESTO** Finely chop the sunflower seeds and ½ the rinsed rocket. Place in a bowl with ½ the chopped basil, the grated garlic (to taste), the grated cheese, 150ml of olive oil, and seasoning. Mix until fully combined. Alternatively, place all the ingredients in a blender and pulse until combined.

**3. ALL TOGETHER NOW** When the ravioli is done, pour over the homemade rocket pesto and add the chopped peppers. Mix until fully combined. Add a splash of the reserved pasta water if the sauce is too thick. Season to taste. In a bowl, toss the remaining rocket with a drizzle of oil and some seasoning.

**4. RAVISHING ROCKET RAVIOLI!** Plate up the rocket pesto ravioli. Top with the quartered bocconcini balls and drizzle over the balsamic reduction (to taste). Sprinkle over the remaining basil and the cheese ribbons. Side with the dressed rocket. Dig in, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 977kJ   |
| Energy             | 234Kcal |
| Protein            | 10.9g   |
| Carbs              | 24g     |
| of which sugars    | 6.9g    |
| Fibre              | 3.7g    |
| Fat                | 10.6g   |
| of which saturated | 5.2g    |
| Sodium             | 428mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days