



Eat Within 3 Days

# WCOOK

## Bubbling Baked Ravioli

with Italian-style hard cheese

**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	458kJ	2340kJ
Energy	110kcal	560kcal
Protein	3.7g	18.8g
Carbs	15.9g	81.4g
of which sugars	3.3g	17.1g
Fibre	2g	10.3g
Fat	3.2g	16.5g
of which saturated	1.8g	9g
Sodium	224mg	1146mg

**Allergens:** Sulphites, Egg, Gluten, Tree Nuts, Wheat,  
Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Butternut & Ricotta Ravioli
20ml	40ml	Grated Italian-style Hard Cheese
40ml	80ml	Panko Breadcrumbs
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
5ml	10ml	NOMU Italian Rub
100g	200g	Cooked Chopped Tomato
30ml	60ml	Crème Fraîche
50g	100g	Spinach <i>rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Sugar/Sweetener/Honey  
Butter

**1. BUBBLING AWAY** Preheat the oven to the grill setting or the highest temperature. 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.

**2. CRUNCHY CRUMB** Heat 40g [60g] of butter in the microwave or in a pot over the stove until completely melted. Remove from the heat, mix in the grated cheese, the breadcrumbs, and the seasoning. Remove from the pot and set aside.

**3. BEAUTIFUL SAUCE** Return the pot to medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic and the NOMU rub and fry until fragrant, 1 minute (shifting constantly). Stir in the cooked tomato, 50ml [100ml] of warm water, and simmer until slightly reduced, 6-7 [7-8] minutes. Stir through the crème fraîche, spinach, seasoning, and a sweetener (to taste). Remove from the heat.

**4. GRILL UNTIL GOLDEN** Add the cooked ravioli to the sauce and mix until fully coated. Place in a small ovenproof dish. Sprinkle over the crumb mixture and pop in the oven. Grill until the breadcrumbs are golden, 3-4 minutes.

**5. PASTA-TIVELY DELICIOUS!** Plate up a generous helping of the baked ravioli and dive in, Chef!