



# QCOOK

## 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  
Chenin Blanc

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	508kJ	2509kJ
Energy	121kcal	600kcal
Protein	4.4g	21.6g
Carbs	17g	84g
of which sugars	3.3g	16.3g
Fibre	1.9g	9.3g
Fat	3.9g	19.3g
of which saturated	2.1g	10.3g
Sodium	159mg	783mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
150g	300g	Butternut & Ricotta Ravioli
20g	40g	Italian-style Hard Cheese <i>grate ½ &amp; peel ½ into ribbons</i>
50ml	100ml	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
20g	40g	Spinach <i>rinse</i>

## From Your Kitchen

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

**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, ½ the spinach, seasoning, and a sweetener (to taste). Remove from the heat.

**4. GRILL & GREENS** 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. In a salad bowl, combine ½ the cheese ribbons, the remaining spinach, a drizzle of olive oil, and seasoning.

**5. PASTA-TIVELY DELICIOUS!** Plate up a generous helping of the baked ravioli and side with the fresh spinach salad. Sprinkle over the remaining cheese ribbons. Dive in, Chef!