



# UCOOK

## Ambrosial Ricotta Ravioli

with spinach, sun-dried tomato & basil

Flavourful spinach & ricotta ravioli, rounded off with fresh zesty ricotta and fresh basil – flavours that you just can't beat. The trick of this dish is to cook the aubergine to perfection, the rest just rolls out from there.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** David Higgs

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 Veggie

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 Leopard's Leap | Chenin Blanc

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## Ingredients & Prep

1kg	Aubergine <i>cut into bite-sized chunks</i>
15g	Fresh Basil <i>rinsed &amp; picked</i>
200g	Ricotta
2	Lemons <i>zested &amp; cut into wedges</i>
700g	Spinach & Ricotta Ravioli
80g	Green Leaves <i>rinsed</i>
40g	Sunflower Seeds
100g	Sun-dried Tomatoes <i>roughly chopped</i>
20ml	Balsamic Reduction

## From Your Kitchen

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

**1. AWESOME AUBS** Preheat the oven to 200°C. Place the aubergine chunks on a roasting tray, coat in oil, season and evenly spread out, skin-side down. Roast in the hot oven for 25-30 minutes, shifting occasionally, until soft.

**2. LEMON-BASIL RICOTTA** Bring a pot (for the ravioli) of salted water to the boil. Roughly tear ½ of the picked basil leaves. Combine the ricotta with lemon zest – to taste, the torn basil, a drizzle of oil, and season. When the aubergine has 10 minutes to go, toss ½ the lemon-basil ricotta through the aubergine and return to the oven. This will help caramelise and give the ricotta a slightly smoky taste.

**3. BOILED & DRESSED** When the water is boiling, cook the ravioli for 2-3 minutes until al dente. Drain on completion. Gently toss through some oil to prevent sticking. Set aside. Place the rinsed green leaves in a bowl and toss with a drizzle of oil and seasoning.

**4. TOASTING** Place a pan (large enough for the ravioli) over a medium heat with the sunflower seeds. Toast for 3-5 minutes until golden. Remove from the pan and set aside to cool.

**5. CRISP FINISH** When the ravioli is done, return the pan to a medium-high heat with 120g of butter and a drizzle of oil. When the butter foams, add some lemon juice (to taste), and the ravioli in a single layer for 2-3 minutes per side, until golden, gently shaking the pan regularly to prevent sticking. Add the roasted ricotta-aubergine, the remaining fresh ricotta, and the chopped sun-dried tomatoes. Toss to combine and season to taste.

**6. RAVISHING RAVIOLI** Dish up the ravioli. Top with the remaining basil. Side with the green leaves. Garnish with the toasted sunflower seeds. Drizzle over some balsamic glaze. There you have it!

## Nutritional Information

Per 100g

Energy	555kJ
Energy	133kcal
Protein	5.2g
Carbs	17g
of which sugars	5.4g
Fibre	3.5g
Fat	5g
of which saturated	1.9g
Sodium	156mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days