



UCOOK

Ricotta Dumplings Tomato Bake

with slivered almonds, tomato & Italian-style hard cheese

Learn how to make ricotta dumplings (a larger version of gnocchi!). It requires a bit more effort, but is worth the fuss! Baked in a delicious tomato sauce served alongside a nutty fresh salad.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jess Bunn

 Vegetarian

 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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Ingredients & Prep

5ml	Vegetable Stock
150g	Ricotta Cheese
40ml	Grated Italian-style Hard Cheese
60ml	Cake Flour
10g	Slivered Almonds
1	Garlic Clove <i>peeled & grated</i>
1	Onion <i>½ peeled & finely diced</i>
60g	Carrot <i>peeled & grated</i>
100g	Cooked Chopped Tomato
1	Plum Tomato <i>diced</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. MAKE THE DOUGH Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 100ml of boiling water. In a bowl, combine the ricotta, ¾ of the grated hard cheese and season. Using the back of a fork, mix to combine well, pressing the ingredients together. Then add the flour, one tablespoon at a time, mixing each tablespoon in before adding the next. Mix until a workable dough forms. Then use your hands to roll the dough into small dumplings.

2. BOIL Bring a large, wide pot of water to a boil, with enough to enable the dumplings to rise once they are cooked. Once the water is boiling, add the dumplings. Let them cook for 4-6 minutes per batch until they rise to the top. Remove them with a slotted spoon. Set the dumplings aside.

3. TOASTED & SAUCED Place the slivered almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan. Return the pan to a medium-low heat with a drizzle of oil. When hot, fry the grated garlic, diced onion and grated carrot for 4-6 minutes, until soft, shifting occasionally. Add the diluted stock, cooked chopped tomato, diced fresh tomato and simmer for a further 4-5 minutes, until slightly thickened and reduced.

4. BUTTERY DUMPLINGS Place a pan over a medium-high heat with a knob of butter and a drizzle of oil. When the butter foams, fry the ricotta dumplings in a single layer for 2-3 minutes per side, until golden, gently shaking the pan regularly to prevent sticking. Drain on paper towel.

5. ROASTED & GOLDEN Place the fried dumplings in a greased ovenproof dish in one layer. Pour the tomato sauce over the dumplings and top with the remaining hard cheese. Roast in the hot oven for 4-6 minutes. In the final 3 minutes, turn the oven on to grill or the highest setting until the cheese is golden. In a salad bowl, toss the rinsed green leaves with ½ of the slivered almonds, a drizzle of oil and some seasoning.

6. GRAND FINALE! Dish up the ricotta dumpling bake with the nutty salad alongside. Sprinkle over the remaining toasted almonds and enjoy your hard work, Chef!

Nutritional Information

Per 100g

Energy	452kj
Energy	108Kcal
Protein	5.5g
Carbs	10g
of which sugars	2.6g
Fibre	1.4g
Fat	5.2g
of which saturated	2.6g
Sodium	144mg

Allergens

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

Cook
within
4 Days