

# UCOOK

## Basil & Ricotta Beef Ravioli

with sunflower seeds

This recipe is so decadent yet quick and easy to make, it will feel like you're using a culinary cheatsheet in the kitchen tonight, Chef! Pillowy ravioli pasta pockets are filled with peppery basil & creamy ricotta. Served with browned beef mince, coated in a rich napoletana sauce, & garnished with cheese and crunchy sunflower seeds.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People

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**Chef:** Hellen Mwanza

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Quick & Easy

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Creation Wines | Creation Viognier

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## Ingredients & Prep

250g	Basil & Ricotta Ravioli
300g	Free-range Beef Mince
1 unit	UCOOK Napoletana Sauce
40ml	Grated Italian-style Hard Cheese
10g	Sunflower Seeds
5g	Fresh Basil <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. READY THE RAVIOLI** 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. NNNICE NAPOLETANA DISH** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the napoletana sauce and allow to heat through, 4-5 minutes. Add the cooked ravioli and season.

**3. PASTA NIGHT** Bowl up the saucy ravioli. Garnish with the cheese, the sunflower seeds, and picked basil.



## Chef's Tip

Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	8.6g
Carbs	13g
of which sugars	4.1g
Fibre	1.8g
Fat	7.9g
of which saturated	3g
Sodium	273mg

## Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat  
Within  
2 Days