

QCOOK

Tasty Ravioli Puttanesca

with an olive, caper & red wine tomato sauce

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	507kJ	2577kJ
Energy	121kcal	616kcal
Protein	4.7g	24g
Carbs	14g	73g
of which sugars	4.3g	21.8g
Fibre	2.5g	12.7g
Fat	4.3g	21.7g
of which saturated	1.3g	6.7g
Sodium	286mg	1456mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Spinach & Ricotta Ravioli
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
15ml	20ml	NOMU Italian Rub
30ml	40ml	Tomato Paste
90ml	125ml	Red Wine
300ml	400ml	Tomato Passata
30g	40g	Capers <i>drain</i>
90g	120g	Pitted Kalamata Olives <i>drain & halve</i>
90g	120g	Artichoke Quarters <i>drain & roughly chop</i>
90ml	125ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Oregano <i>rinse, pick & roughly chop</i>
30g	40g	Sunflower Seeds

From Your Kitchen

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

1. ALL HANDS ON DECK Bring a pot of salted water to a boil for the ravioli. Cook the ravioli until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

2. START THE SAUCE Place a deep pan over medium-high heat with a drizzle of oil. When hot, add the onion and fry until brown, 8-10 minutes (shifting occasionally). Add the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and simmer until almost all evaporated, 30-60 seconds.

3. THE ESSENCE OF ITALY When the wine is almost all evaporated, add the tomato passata, 300ml [400ml] of water, capers, olives, and the artichokes. Lower the heat and simmer until slightly reduced, 10-12 [12-15] minutes. Stir through the cooked ravioli, 1/2 the cheese, 1/2 the oregano, a sweetener (to taste), and seasoning.

4. *CHEF'S KISS* Plate up the saucy ravioli and sprinkle over the remaining oregano, cheese and the seeds. Add a final grind of black pepper and dive in, Chef!

Chef's Tip To toast the seeds, place them in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.