



UCCOOK

Bacon, Spinach & Ricotta Ravioli

with fresh oregano & pecan pieces

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Zevenwacht | The Tin Mine White

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 1271kj | 4715kj |
| Energy | 304kcal | 1127kcal |
| Protein | 12.2g | 45.3g |
| Carbs | 18g | 68g |
| of which sugars | 3.7g | 13.9g |
| Fibre | 2.5g | 9.4g |
| Fat | 20.3g | 75.3g |
| of which saturated | 8.2g | 30.3g |
| Sodium | 670mg | 2486mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 175g | 350g | Spinach & Ricotta Ravioli |
| 4 strips | 8 strips | Streaky Pork Bacon <i>roughly chop</i> |
| 50g | 100g | Spinach <i>rinse & roughly shred</i> |
| 50ml | 100ml | Crème Fraîche |
| 3g | 5g | Fresh Oregano <i>rinse & pick</i> |
| 10ml | 20ml | Lemon Juice |
| 10g | 20g | Pecan Nuts <i>roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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, reserving the pasta water, and toss through a drizzle of olive oil.

2. CREAMY PASTA Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bacon until slightly crispy, 3-4 minutes. Add the spinach and fry until slightly wilted, 1-2 minutes. Add 150ml [300ml] of the reserved pasta water. Remove from the heat and mix in the crème fraîche. Add the ravioli, ½ the oregano, and seasoning.

3. INDULGE IN ITALY Bowl up the creamy spinach ravioli and drizzle over the lemon juice (to taste). Garnish with the nuts and the remaining oregano.

Chef's Tip Place the pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.