



# UCCOOK

## 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.

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Jess Bunn

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 Vegetarian

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 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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## Ingredients & Prep

15ml	Vegetable Stock
450g	Ricotta Cheese
120ml	Grated Italian-style Hard Cheese
180ml	Cake Flour
30g	Slivered Almonds
2	Garlic Cloves <i>peeled &amp; grated</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
240g	Carrot <i>peeled &amp; grated</i>
300g	Cooked Chopped Tomato
3	Plum Tomatoes <i>diced</i>
60g	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 200ml of boiling water. In a bowl, combine the ricotta,  $\frac{3}{4}$  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. You may need to do this in batches as it's best to have a single layer of dumplings cooking at a time. 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 5-7 minutes, until soft, shifting occasionally. Add the diluted stock, cooked chopped tomato, diced fresh tomato and simmer for a further 6-7 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 5-7 minutes. In the final 4 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  $\frac{1}{2}$  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