



The Great NZ Food Show

Matilda Rice

Zucchini Ravioli

This one is really fun to make, and equally as delicious. It can be a bit fiddly to roll up the ravioli, so make sure you've given yourself a little bit of time. It can also look a bit gloppy at the end, but it's so good that you won't even care. You can keep it vegetarian, or you can add in some chicken if you just can't bear the thought of not having meat for dinner.

Ingredients:

4 zucchini
2 cups (460g) ricotta cheese
½ cup finely grated parmesan, plus extra to garnish
1 free-range egg, lightly beaten
1 garlic clove, peeled and finely chopped
Handful of chopped basil
Salt and pepper, to taste
1x jar (approx. 500g) good quality, sugar free, organic tomato pasta sauce
½ cup shredded mozzarella

Method:

Preheat oven to 180°C, and grease a large baking dish with olive oil or butter.

First, make your zoodle strips. Slice the ends off each zucchini to create two flat ends. Using a vegetable peeler, peel each zucchini lengthwise into about 24 long, thin, flat strips. Keep peeling until you reach the centre of the zucchini. These are your 'pasta sheets', and they need to be as thick and wide as possible, so make sure you press reasonably firmly when peeling them.

Now make the filling. Combine the ricotta, parmesan, egg, garlic and basil in a medium-sized bowl. Season to taste.

Assemble the ravioli – this is definitely the fun bit! Lay out two strips of zucchini on a clean surface so that they overlap lengthwise, making a cross. Spoon about a tablespoon of filling into the centre of the cross. Bring the ends of the strips together to fold over the centre, one side at a time. Turn the ravioli over and place in the baking dish, seam-side down. Repeat with the remaining zucchini and filling – you should end up with about 12 parcels.

Pour the pasta sauce around the ravioli, and top with mozzarella and parmesan.

Bake for about 20 minutes, until the zoodles are al dente (cooked but still firm to the bite) and the cheese is melted and golden. Serve with a simple side salad.