



## Caramella of Mint and Ricotta

READY IN



65 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

### Ingredients

- 3 knobs butter
- 1 eggs
- 100 grams flour all-purpose
- 1 handful mint leaves fresh finely sliced
- 1 large lemon zest juiced
- 0.3 nutmeg grated
- 2 handfuls parmesan grated
- 340 grams crumbly buffalo ricotta cheese
- 4 servings sea salt and pepper black freshly ground

## Equipment

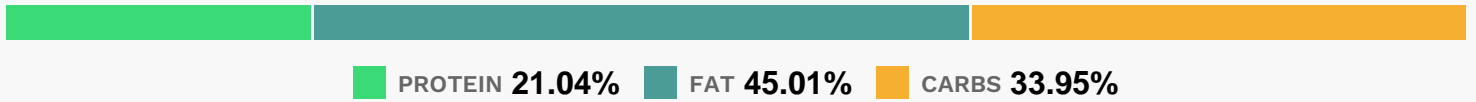
- bowl
- frying pan
- baking sheet
- plastic wrap
- pasta machine

## Directions

- Place egg and flour in a bowl and mix with a fork until it resembles bread crumbs. At this point use your hands to bring the mixture together to form a dough.
- Place the dough on a lightly floured work surface and knead until shiny. Cover with plastic wrap and let rest for about 1/2 hour.
- While the dough is resting, make your filling by mixing together the ricotta, lemon zest, nutmeg, mint and Parmesan – you may want to reserve a little Parmesan and mint for serving – and then carefully season to balance the flavours. Squeeze a little lemon juice into the mix to loosen it a bit. If you're partial to a little bit more Parmesan, mint or lemon, then do personalize the dish to your liking.
- Roll good teaspoons of the mix into little balls ready to fill your caramella.
- Run dough through pasta machine on its thickest setting until it is smooth and shiny.
- Reduce setting each time until the pasta is roughly as thick as a beer mat.
- Cut the pasta into 10 (4 by 2 1/2-inch) rectangles. Fill the middle with the little balls of filling and brush lightly with water.
- Roll up. Keep on a flour-dusted baking sheet in the refrigerator until you need them, and try to cook them as fresh as possible.
- Make as many as you can, but I like to serve about 4 per person.
- To serve, place the caramella in boiling salted water for 3 to 4 minutes, then drain, reserving some of the cooking water. Melt 3 good knobs of butter in a non-stick pan with the juice of 1/2 a lemon and a couple of tablespoons of the reserved cooking water. Season a little, and toss the pasta in this flavoured butter.
- Serve straight away with a little extra Parmesan and mint scattered over the top.

per person .

## Nutrition Facts



### Properties

Glycemic Index:70.25, Glycemic Load:14.54, Inflammation Score:-5, Nutrition Score:9.1091303462568%

### Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

### Nutrients (% of daily need)

Calories: 264.28kcal (13.21%), Fat: 13.12g (20.19%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 21.31g (7.75%), Sugar: 0.44g (0.49%), Cholesterol: 86.22mg (28.74%), Sodium: 100.79mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.6%), Selenium: 24.31µg (34.73%), Vitamin B2: 0.35mg (20.33%), Calcium: 197.07mg (19.71%), Phosphorus: 188.06mg (18.81%), Folate: 62.62µg (15.66%), Vitamin B1: 0.21mg (14.28%), Manganese: 0.21mg (10.35%), Vitamin A: 504.2IU (10.08%), Iron: 1.76mg (9.76%), Zinc: 1.34mg (8.91%), Vitamin B3: 1.6mg (8%), Vitamin B12: 0.39µg (6.57%), Vitamin B5: 0.47mg (4.72%), Magnesium: 17.83mg (4.46%), Potassium: 141.68mg (4.05%), Fiber: 0.97g (3.86%), Vitamin B6: 0.07mg (3.55%), Copper: 0.07mg (3.46%), Vitamin C: 2.26mg (2.74%), Vitamin D: 0.39µg (2.62%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.27µg (1.21%)