



## Fresh Pea Ravioli with Crispy Prosciutto

READY IN



90 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 2 tablespoons lemon infused olive oil plus more for drizzling
- ☐ 1.5 cups peas fresh english shelled plus more for garnish
- ☐ 4 slices pancetta cut into thin strips
- ☐ 12 ounces milk ricotta fresh whole
- ☐ 24 square wonton wrappers

### Equipment

- ☐ food processor

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ stove
- ☐ slotted spoon
- ☐ skimmer

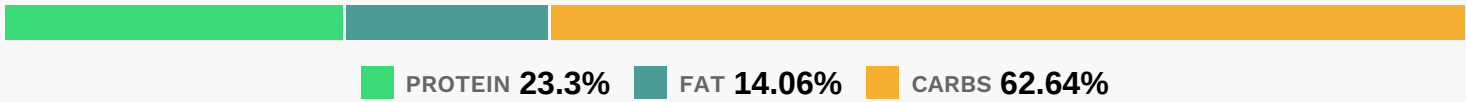
## Directions

- ☐ Preheat the oven to 250 degrees F.
- ☐ Heat the oil in a skillet, over medium heat.
- ☐ Add the prosciutto and cook until crisp.
- ☐ Remove and drain on paper towels. Set aside.
- ☐ Lightly oil a serving plate with some of the prosciutto crisping oil and put it in a warm oven until ready to serve.
- ☐ Drain the ricotta of excess moisture in a fine mesh sieve for 10 to 15 minutes.
- ☐ Bring a large pot of salted water to a boil over medium heat.
- ☐ Add the peas and blanch them until just tender, about 2 to 3 minutes.
- ☐ Transfer the peas to an ice water bath, to shock and stop the cooking and preserve the color. Keep the pot of hot water on the stove to cook the ravioli.
- ☐ Transfer the peas to a food processor and puree with the drained ricotta and salt and pepper, to taste. Put a teaspoon (or more depending on wonton size) of the pea mixture in the center of each wonton wrapper; avoid overfilling. Dampen the inside outer edges of wonton with water and fold, pinching around the borders to ensure that the ravioli is well sealed. Repeat with the remaining wonton wrappers and filling.
- ☐ Bring the pot of hot water to a boil over medium heat.
- ☐ Drop the ravioli, in batches, into the boiling water and cook until tender and the wrapper becomes slightly translucent, about 3 minutes. With a slotted spoon or skimmer, transfer the cooked ravioli to the lightly oiled serving plate.
- ☐ Drizzle with lemon infused olive oil and top with crispy prosciutto and a few peas.

☐

Serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:7.39, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:7.7652174564807%

## Nutrients (% of daily need)

Calories: 184.26kcal (9.21%), Fat: 2.71g (4.17%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 24.59g (8.94%), Sugar: 3.87g (4.3%), Cholesterol: 15.29mg (5.1%), Sodium: 462.04mg (20.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.23%), Vitamin B1: 0.27mg (17.79%), Vitamin C: 14.5mg (17.58%), Manganese: 0.34mg (17.06%), Selenium: 10.19µg (14.55%), Vitamin B3: 2.6mg (13%), Folate: 49.36µg (12.34%), Calcium: 114.27mg (11.43%), Fiber: 2.61g (10.43%), Vitamin B2: 0.17mg (9.74%), Iron: 1.56mg (8.69%), Vitamin K: 8.99µg (8.56%), Phosphorus: 71.13mg (7.11%), Vitamin A: 283.49IU (5.67%), Copper: 0.11mg (5.51%), Zinc: 0.73mg (4.84%), Magnesium: 18.61mg (4.65%), Vitamin B6: 0.08mg (4.22%), Potassium: 123.65mg (3.53%)