



Lentil Ravioli with Sausage and Yellow Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



890 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup all purpose flour
- ☐ 2 fillet anchovy finely chopped
- ☐ 1.3 cups breadcrumbs fresh
- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 1 cup green lentils dried french
- ☐ 1 large eggs beaten to blend

- ☐ 2 egg whites beaten to blend
- ☐ 2 garlic cloves chopped
- ☐ 1 teaspoon hungarian paprika hot
- ☐ 1.5 tablespoons jalapeño chiles with seeds chopped
- ☐ 2 tablespoons jalapeño chiles seeded chopped
- ☐ 2.8 cups low-salt chicken broth
- ☐ 0.5 cup onion finely chopped
- ☐ 1 large pinch saffron threads
- ☐ 1 tablespoon sherry wine vinegar
- ☐ 1 pound sausages smoked fully cooked cut into 1/3-inch-thick slices (such as cotechino, linguiça, or andouille)
- ☐ 0.3 teaspoon turmeric generous ()
- ☐ 0.3 cup vegetable oil
- ☐ 72 wonton wrappers () (from two 12-ounce packages)
- ☐ 3.5 cups tomatoes diced yellow cored

Equipment

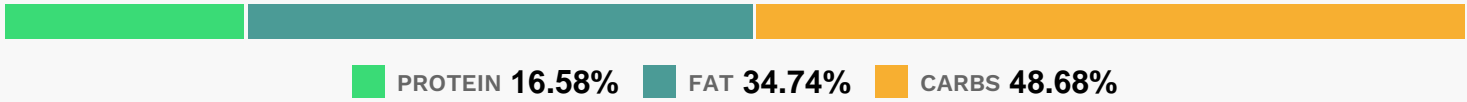
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ potato masher
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ slotted spoon

Directions

- ☐ Heat oil in large saucepan over medium-high heat.
- ☐ Add onion and sauté until golden, about 12 minutes.
- ☐ Add garlic, anchovies, jalapeños, turmeric, and saffron. Stir until fragrant, about 1 minute.
- ☐ Mix in tomatoes. Reduce heat to medium-low; simmer until sauce thickens, stirring occasionally, about 15 minutes. Season with salt and pepper. (Can be made 1 day ahead. Cover; refrigerate.)
- ☐ Heat 3 tablespoons oil in medium saucepan over medium-high heat.
- ☐ Add onion and sauté until brown, about 8 minutes.
- ☐ Add carrot, celery, and garlic; sauté until vegetables begin to color, about 5 minutes.
- ☐ Add lentils, jalapeños, and paprika; stir to coat.
- ☐ Add broth and vinegar and bring to boil. Cover, reduce heat to medium, and simmer until lentils are almost tender, about 1 hour. Uncover and cook until all broth is absorbed, about 25 minutes longer. Season lentil mixture with salt and pepper. Using potato masher, mash mixture coarsely.
- ☐ Transfer filling to medium bowl and chill until cold, about 30 minutes.
- ☐ Line 2 large baking sheets with foil or parchment paper. Working with 2 wonton wrappers at a time, brush each with egg white.
- ☐ Place 1 tablespoon filling in center of 1 wrapper. Top with second wrapper, egg white side down, and seal, pressing out any air.
- ☐ Cut into round with fluted pastry wheel or 2 3/4-inch-diameter scalloped cookie cutter, if desired.
- ☐ Place on prepared sheet. Repeat with remaining wrappers and filling. (Can be made 1 day ahead. Cover tightly and refrigerate.)
- ☐ Place flour in 1 small bowl, egg in second small bowl, and breadcrumbs in third small bowl. Dip sausage pieces into flour, then egg, then crumbs to coat.
- ☐ Place on large plate. (Can be made 1 day ahead. Cover; chill.)
- ☐ Preheat oven to 250°F.
- ☐ Heat 1/4 cup vegetable oil in heavy large skillet over medium heat.
- ☐ Add sausages. Sauté until golden, about 4 minutes per side.

- ☐
- Place on baking sheet; keep warm in oven.
- ☐
- Bring large pot of generously salted water to boil. Cook 1/3 of ravioli until just tender but still firm to bite, about 5 minutes. Using slotted spoon, divide ravioli between 2 shallow bowls; tent with foil to keep warm. Repeat with remaining ravioli in 2 more batches. Rewarm sauce; spoon around ravioli. Top with sausage.

Nutrition Facts



Properties

Glycemic Index:64.91, Glycemic Load:10.67, Inflammation Score:-9, Nutrition Score:38.149999825851%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 890.27kcal (44.51%), Fat: 34.12g (52.49%), Saturated Fat: 9.47g (59.19%), Carbohydrates: 107.58g (35.86%), Net Carbohydrates: 93.33g (33.94%), Sugar: 3.7g (4.11%), Cholesterol: 93.58mg (31.19%), Sodium: 1423.16mg (61.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.27%), Vitamin B1: 1.34mg (89.27%), Folate: 321.22µg (80.31%), Selenium: 54.36µg (77.65%), Manganese: 1.51mg (75.72%), Vitamin B3: 13.45mg (67.23%), Fiber: 14.25g (56.98%), Vitamin B2: 0.88mg (51.66%), Iron: 9.03mg (50.16%), Phosphorus: 446.71mg (44.67%), Zinc: 4.76mg (31.74%), Copper: 0.59mg (29.62%), Potassium: 1003.32mg (28.67%), Vitamin B6: 0.52mg (26.03%), Vitamin C: 20.87mg (25.3%), Vitamin A: 1239.53IU (24.79%), Magnesium: 97.82mg (24.46%), Vitamin B12: 1.44µg (24.05%), Vitamin K: 23.86µg (22.72%), Vitamin B5: 1.56mg (15.61%), Calcium: 142.53mg (14.25%), Vitamin E: 1.49mg (9.9%), Vitamin D: 1µg (6.66%)