



Butternut squash & red pepper ravioli with cheesy sauce

Who knew pasta was so easy to make! This simple recipe can be used for ravioli, below, or you can use it to make ribbons, spaghetti, lasagne sheets, the possibilities are endless! We must warn you once you know how to make pasta it's addictive! For this recipe no pasta machine is required!

Serves 6

What you'll need:

X2 Saucepan, baking tray, weighing scales, sieve, grater, wooden stirring spoons, ladle, slotted spoon, chopping board, peeler, sharp knife, garlic mincer

Ingredients

- 600g flour, we tend to use chapati flour as it makes the dough firmer
- 1tsp salt
- 300ml water
- 4tsp olive oil
- 1 butternut squash, peeled & diced
- 1 red pepper seeded and diced
- 3 carrots sliced
- 1 birds eye chilli deseeded and sliced finely
- 2 garlic cloves crushed
- Dash of sea salt & black pepper
- 2tsp harissa paste

For the creamy sauce

- 300ml soya milk
- 100g butter (we use Pure)
- 15g nutritional yeast
- 100g plant-based cheese, grated
- 80g Violife feta cheese, cubed



- 100g vegan cream cheese

Method

1. Mix flour and salt, then heap into a pile and make a well in the centre
2. Pour in the water and oil and begin to combine to make a dough
3. Remove from the bowl and knead out on a lightly floured worksurface. Continue to knead until the dough is quite firm and smooth
4. Wrap in an eco-friendly paper bag or a clean plastic bag and chill in the fridge for about half an hour-40 minutes
5. While the pasta is in the fridge you can prepare the ravioli filling
6. Pre-heat the oven to gas mark 6 or 180 degrees for fan assisted ovens
7. Place the carrots, butternut squash, red pepper, garlic, sea salt, black pepper, garlic cloves,

- chilli and harissa into a baking tray, drizzle with a little oil
8. Shake it all up together and then cook in the oven for about half an hour, or until the squash is soft
 9. Once it is cooked remove from the oven and allow to cool for ten minutes, then mash everything together
 10. Once the filling is ready leave to one side and remove the pasta dough from the fridge
 11. Before making your ravioli begin with the sauce
 12. Add the soya milk and butter to a saucepan and heat gently
 13. Then add your cheeses and nutritional yeast
 14. Allow the sauce to cook gently, melting the cheese
 15. Add a sprinkle of salt and black pepper
 16. While the sauce is gently simmering begin with the ravioli but make sure you stir the sauce regularly
 17. Lightly flour your worksurface and divide the dough into four. While you are filling the dough bring a large saucepan of water to the boil
 18. Roll out the first batch of dough until it is about a centimetre thick then cut out circles using the cookie cutter
 19. Add about a teaspoon of filling into the centre of each circle. Fold the circle over the filling and crimp the edges together by pressing down onto the edges with a fork
 20. Repeat this until all of your filling has gone or you have no dough left

21. Your saucepan of water should be boiling, so add your ravioli and turn the water to simmer
22. Pasta does not take long to cook, so give it a stir after each minute, leaving to cook about 3-5 minutes
23. You may have to cook in batches if your saucepan is not big enough. If so, remove cooked pasta with a slotted spoon and drain on kitchen roll or tea towel before serving up
24. Distribute the ravioli into bowl and using a ladle generously scoop over the sauce

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Approximate nutritional value per serving

Calories kcal	873.95
Fat grams	35.56
<i>Of saturates</i>	16.26
Carbohydrates grams	27.96
<i>Of fibre grams</i>	9.10
<i>Of sugars grams</i>	10.04
Protein grams	5.95
Iron mg	0.28
Salt mg	1.1
Potassium mg	378.54
Omega 3g	1.4
Vitamin D mcg	2.25
B12 mcg	3.14
Calcium mg	146.4
Vitamin A mcg	2110.4
Vitamin C mcg	30.03