



Spinach and ricotta cannelloni

You will need:

Sauce ingredients

- 1/2 an onion
- 1 garlic clove
- 1 tin of tomatoes
- Fresh / dried basil

Filling ingredients

- 250g ricotta cheese
- 250g fresh spinach
- 30g grated parmesan cheese
- 1 egg
- 1 garlic clove
- A pinch of nutmeg

Additional ingredients

- Cannelloni tubes
- Mozzarella / Cheddar cheese (for the top)

Top tips

- You can use 125g of frozen spinach (make sure it's defrosted first!)
- If you're short on time, use a jar of passata, instead of making the sauce
- Make individual portions and freeze (before you add the cheese to the top)
- For a lower carbohydrate option, fill leek layers instead of cannelloni tubes

Allergens

- Milk
- Egg

To make the sauce

Finely chop the garlic and onion. Heat a little oil in a saucepan and gently cook the garlic and onion for a few minutes, until softened. Add the tomatoes with a little water and allow to simmer, while you prepare the filling

When the sauce is almost ready, add the basil and season with pepper

To make the filling

Wilt the spinach by placing it in a large bowl covered with cling film, and heating in the microwave for approximately two minutes

Squeeze the moisture from the spinach, before chopping and mixing it together with the remaining ingredients and seasoning to taste

To assemble

Spread a little of the sauce into a large baking dish

Spoon the filling into a piping bag and carefully fill the cannelloni tubes. Place the filled tubes onto the layer of sauce and once you've used all of the filling, pour the remaining sauce over the top and cover the dish with foil

Cook in a preheated oven at 180°C for approximately 20 minutes. Remove the foil, add the mozzarella / grated Cheddar cheese and return to the oven, until it's golden brown and the cannelloni tubes are soft and fully cooked

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