



Everything But The Chef

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Spinach & Ricotta Cannelloni

You've probably whipped up a lasagna or three in your time, but have you ever tried cannelloni? With its creamy spinach and ricotta filling, this dish is a fabulous take on the baked pasta sheet and tomato combination we all know and love. Enlist a partner to get rolling and watch the time fly by as you whip up this Italian classic!

- Prep:** 10 mins
- Cook:** 25 mins
- Total:** 35 mins
- level 2**
- veggie**
- nut free**

Pantry Items: Olive Oil



Ricotta



Baby Spinach



Basil



Lemon



Whole Nutmeg



Brown Onion



Garlic



Diced Tomatoes



Pasta Sheets



Mixed Leaves



Parmesan Cheese

2P	4P	Ingredients	
1 tub	2 tubs	ricotta	
1 bag	2 bags	baby spinach, washed & finely chopped	⊕
½	1	lemon, zested	⊕
1 seed	1 seed	whole nutmeg, finely grated	
2 tsp	1 tbs	olive oil *	
1	2	brown onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	
1 tin	2 tins	diced tomatoes	
1 bunch	2 bunches	basil, torn	
4 sheets	8 sheets	fresh lasagne pasta	
½ block	1 block	Parmesan cheese, grated	⊕
1 bag	2 bags	mixed salad leaves, washed	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1820	Kj
Protein	24.1	g
Fat, total	18.1	g
-saturated	9.4	g
Carbohydrate	40.6	g
-sugars	12.7	g
Sodium	407	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, grater, garlic crusher, baking dish, medium bowl, medium frying pan, and a spatula.

1 Preheat the oven to **200°C/180°C** fan forced. Lightly grease a baking dish.

2 In a medium bowl combine the **ricotta**, **baby spinach** and **lemon zest**. Finely grate a small amount of the **whole nutmeg** (a little goes a long way) directly into the same bowl. Season to taste with **salt** and **pepper** and set aside.



3 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook stirring for **5 minutes** or until soft. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **diced tomatoes** and cook for **5 minutes** or until thickened slightly. Stir through the **basil**. Season to taste with salt and pepper. Spoon half of the tomato sauce mixture over the base of the baking dish.



4 Place one **fresh pasta sheet** on a clean flat surface. Spoon some of the ricotta filling down the centre of the sheet and roll into a tube. Place it seam side down in the prepared dish. Repeat with the remaining pasta sheets and filling. Pour the remaining tomato sauce mixture over the cannelloni and sprinkle with the **Parmesan cheese**. place in the oven and cook for **15 minutes** or until the pasta is tender (test with a skewer).



5 To serve, divide the baked cannelloni between plates and serve with the **mixed salad leaves** dressed with a little olive oil and vinegar of your choice.

Did you know? Cooking tomatoes activates the phytochemical Lycopene – a potent antioxidant possessing free-radical anti-ageing properties.