



Spinach & Ricotta Rolls

with Tomato Relish

Grab your Meal Kit with this symbol



Brown Onion



Baby Spinach Leaves



Garlic & Herb Seasoning



Ricotta



Parmesan Cheese



Fine Breadcrumbs



Filo Pastry



Mixed Sesame Seeds



Tomato Relish

Prep in: **25 mins**
Ready in: **50 mins**

These spinach and ricotta rolls will be the talk of the table. With the perfect amount of crunch, these guys won't last long. Cutlery optional!

Pantry items

Olive Oil, Egg

SIF



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

| | |
|-------------------------|-----------------|
| | 2 People |
| olive oil* | refer to method |
| brown onion | 1 |
| baby spinach leaves | 1 large bag |
| garlic & herb seasoning | 1 medium sachet |
| ricotta | 1 packet |
| Parmesan cheese | 1 medium packet |
| fine breadcrumbs | 1 medium packet |
| egg* | 1 |
| filo pastry | 1 packet |
| mixed sesame seeds | 1 medium packet |
| tomato relish | 1 medium packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4012kJ (959Cal) | 722kJ (173Cal) |
| Protein (g) | 40.1g | 7.2g |
| Fat, total (g) | 28.3g | 5.1g |
| - saturated (g) | 9.8g | 1.8g |
| Carbohydrate (g) | 130g | 23.4g |
| - sugars (g) | 20.9g | 3.8g |
| Sodium (mg) | 2373mg | 427mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **onion**.

3



Assemble & bake the rolls

- In a small bowl, whisk the **egg**.
- On a flat surface, evenly stack 5 sheets of **filo pastry** with a drizzle of **olive oil** between each layer. Spoon **ricotta mixture** down the long side of the filo sheet, then roll the pastry over into a sausage shape.
- Cut spinach and ricotta rolls into 4 even pieces.
- Place rolls 3cm apart on the lined oven tray. Brush **egg wash** over top of rolls and sprinkle with **mixed sesame seeds**.
- Bake until pastry is golden, **20-25 minutes**.

2



Make the filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **onion** and **baby spinach leaves**, stirring, until softened, **4-5 minutes**.
- Add **garlic & herb seasoning** and cook, until fragrant, **1 minute**. Transfer to a large bowl and set aside to cool slightly, **5 minutes**.
- Once slightly cooled, add **ricotta**, **Parmesan cheese**, **fine breadcrumbs** and season with **salt** and **pepper**. Gently mix until combined.

4



Serve up

- Transfer spinach and ricotta rolls to a serving platter. Serve with **tomato relish**. Enjoy!

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