



# 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

## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	refer to method
brown onion	1
baby spinach leaves	2 medium bags
garlic & herb seasoning	1 medium sachet
ricotta	1 packet
Parmesan cheese	1 medium packet
fine breadcrumbs	1 medium packet
<b>egg*</b>	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](https://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



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## Get prepped

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

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## 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**.

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## 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** and **fine breadcrumbs** and season with **salt** and **pepper**. Gently mix until combined.

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## Serve up

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

## Rate your recipe

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