



Spinach and Ricotta Cannelloni

Serves: 1

Prep time: 30 Minutes

Cooking time: 50 Minutes

Ingredients:

- 4-6 cannelloni tubes
- dash oil
- 10g butter
- 1 small clove garlic, crushed
- ½ small brown onion, chopped
- ⅓ cup water
- 1½ tomatoes
- 2 teaspoon tomato paste
- ¼ cup fresh basil
- salt and pepper
- 60g tasty cheese
- 30g parmesan cheese
- 2 tablespoons fresh parsley, chopped

Method:

- Cook the cannelloni tubes according to the packet, drain and rinse, then fill with the spinach filling

Spinach filling:

- In a small saucepan melt the butter over medium heat, add the garlic and onion and cook until tender and opaque.
- Wash the spinach and drain well, add to the onion mix and cook over medium heat until spinach wilts
- Stir in ricotta and tasty cheese
- Season to taste and blend until smooth
- Place mixture into a piping bag or plastic bag cut the corner and squeeze the filling into the cannelloni tubes
- Lay them in a small baking tray, pour the tomato mixture over the tubes and cover with foil, cook for 25 minutes in a moderate oven

Meanwhile make the sauce, melt the butter in a medium saucepan, add the garlic and onion and cook until the onion is tender and opaque

- Mix the water, tomatoes, tomato paste and basil together and add to the onion mix, bring slowly to a simmer, cook for 10 minutes, season to taste
- Blend to a smooth consistency, pour the sauce mixture over the cannelloni tubes, cover the dish with foil
- Bake in moderate oven for 20 minutes, remove the foil and sprinkle the cheese and parsley mixture over the top and place back in oven to cook for a further 10 minutes, or until cheese melts and browns



This tasty vegetarian, gooey, cheesy dish will simply delight

Spinach Filling

- 3 stalks of spinach, chopped
- 10g butter
- 1 small clove garlic
- ½ small onion, chopped
- 150g ricotta cheese
- 50g grated tasty cheese
- salt and pepper