



Quick Spinach and Ricotta Cannelloni

Delight in the simplicity and richness of our Spinach and Ricotta Cannelloni—a speedy yet satisfying dish that brings together tender cannelloni tubes filled with a flavorful mixture of spinach, ricotta, and parsley. The tomato sauce, infused with garlic, provides a robust and tangy complement. Topped with a generous sprinkle of Parmesan, this dish bakes to perfection in the oven, delivering a comforting blend. Indulge in the ease of preparation and the delightful harmony of flavors in every bite.

Ingredients

- Ricotta
- Spinach
- Parsley
- Parmesan Grated
- Tinned tomatoes
- Garlic cloves
- Cannelloni Tubes

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 957 kcal
Carbohydrates: 100 g
Protein: 54 g
Fat: 38 g

Allergens

Dairy (Cheese, Pasta)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the Oven to 180C

2) Prepare the vegetables

Roughly tear the spinach with your hands and peel and grate the garlic. Split the garlic into two halves - half for the ricotta and half for the tomato sauce.

3) Make the Spinach Ricotta Filling

Heat a frying pan on high heat with a knob of butter, add the spinach and half the crushed garlic and cook until wilted. Then stir in the ricotta with some of the parsley torn up. Season well with salt and pepper then transfer to a bowl.

4) Make the Tomato Sauce

Wipe the frying pan clean then add a drizzle of oil and place on medium heat. Add the garlic and stir fry for a minute taking care not to burn it. Add the tinned tomatoes and the remainder of the parsley, roughly torn. Season well with salt and pepper to taste and remove from the heat.

5) Assemble the Dish

Place about a third of the tomato sauce in the bottom of the baking dish to create an even layer. Using a butter knife, scoop up some of the spinach ricotta mix, and carefully push it down into the cannelloni tubes. Lay the cannelloni on top of the tomato sauce. Repeat until all the tubes are filled and in the dish.

Pour the remaining tomato sauce over the top, sprinkle over all of the parmesan, season with salt and pepper, and if there's any left, sprinkle of the remaining torn parsley leaves.

6) Cook the Cannelloni

Place in the oven for 20 minutes or until the pasta is cooked through when pierced with a sharp knife.

7) Serve the Dish

Serve and enjoy!