



## STAR RECIPE: SPINACH AND RICOTTA CANNELLONI (Serves 6)

This recipe is from the Week 1 Menu and allergens are noted in red:  
**Milk, Celery, Gluten**

### Ingredients

#### For the filing

- \* 18 Cannelloni tubes
- \* 500g ricotta
- \* 300g fresh spinach
- \* a pinch of white pepper
- \* 1 handful of fresh parsley
- \* 1 cup of milk

#### For the white sauce

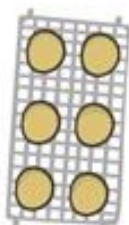
- \* 300g butter
- \* 1 onion - diced
- \* 300g plain flour
- \* 1 tbsp ground nutmeg
- \* a pinch of white pepper

#### For the tomato sauce

- \* 1 onion - diced
- \* 1 celery stick - chopped
- \* 1 carrot - grated
- \* a drizzle of olive oil
- \* 3 tsp of tomato puree
- \* 2 tins of chopped tomatoes
- \* 1 bunch of fresh basil

#### To finish

- \* a few handfuls of grated cheddar cheese





## Method

### For the tomato sauce

Sweat the onions, celery and carrots until they are soft. Add the tomato puree, chopped tomatoes and leave to simmer on a low heat for 30 minutes. Add fresh basil and season to taste

### For the white sauces

Heat the milk in a pan. In a separate pan melt the butter and then add the flour a little at a time and stirring constantly. Cook for 2-3 minutes (this makes a roux and it should resemble the texture similar to wet sand).

Once the roux is made add the milk a third at a time and whisk continuously. When the sauce can coat the back of the spoon it has the right consistency and at this stage you should add the grated nutmeg and season to taste.

### For the spinach and ricotta filling

Add the butter to a pan and wilt the spinach by covering for 3 minutes (there is no need to add water). Once done, remove from the pan and squeeze out any excess water.

Put the spinach in a large mixing bowl and add the ricotta, white pepper and the cup of milk. Using a blender, mix all of ingredients until they are all combined, and the spinach is well blitzed. Spoon the mixture into a piping bag and put in the individual cannelloni tubes.

### To assemble

Cover the bottom of the tray with the tomato sauce and lay the cannelloni tubes on top. Add another layer of tomato sauce over the tubes then one layer of white sauce and finish with grated cheese. Bake for 25 minutes at 165 degrees.

### To serve

Serve hot or cold with a green salad and enjoy 😊

