



UCOOK

Stuffed Beef Cannelloni

with a fresh green salad


Can you believe it? Excited to complete it? And ready to eat it? Today you will be creating your own cannelloni from lasagne sheets! After making a loaded, spicy beef mince and creamy bechamel sauce, you will top this masterpiece with mozzarella cheese and bake until golden. Sided with a simple salad and lemon wedges.


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Adventurous Foodie

 Paserene | The Shiner Red Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Free-range Beef Mince
120g	Carrot <i>rinsed, trimmed, peeled & cut into small bite-sized pieces</i>
1	Onion <i>½ peeled & roughly diced</i>
15ml	Spicy Rub <i>(10ml NOMU Italian Rub & 5ml Dried Chilli Flakes)</i>
1	Garlic Clove <i>peeled & grated</i>
100ml	Tomato Passata
75g	Lasagne Sheets
40ml	Cake Flour
125ml	Low Fat Fresh Milk
50g	Grated Mozzarella Cheese
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>rinsed, zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. CANNELLONI FILLING Preheat the oven to 200°C. Bring a pot of salted water to the boil. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the carrot pieces, the diced onions, and fry until soft and browning, 4-5 minutes. Add the spicy rub and the grated garlic, and fry until fragrant, 1-2 minutes. Mix in the tomato passata, 150ml of water, and simmer until reduced and thickened, 10-12 minutes. Remove from the heat, add a sweetener, and season.

2. LASAGNE SHEETS Once the water is boiling, add 3-4 lasagne sheets. Cook until cooked but still firm, 1-2 minutes. Remove from the pot and immediately put in a bowl of cold water. Once cooled, drain on a clean tea towel in a single layer - don't pile them up as they will stick together. Repeat with the remaining sheets in batches of 3-4 sheets.

3. BECHAMEL Place a pan over medium heat with 30g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes (whisking constantly). Slowly whisk in the milk, whisking constantly until thickened slightly. If the bechamel is too thick for your liking, add an extra splash of water. Remove from the heat.

4. DIY CANNELLONI Cut the cooked lasagne sheets in half lengthways. Lay out and place 2 tbsp of the saucy mince mixture along the length of each lasagne sheet and roll up to form a tube. The mixture should make about 6-8 tubes per serving. Spread a thin layer of bechamel on the bottom of a greased, deep, ovenproof dish. Lay the tubes side by side on top, and pour over the remaining bechamel and mince filling. Sprinkle over the grated mozzarella and bake until the cheese is melted and golden, 10-15 minutes.

5. SOME FRESHNESS Just before serving, dress the rinsed green leaves with olive oil and a squeeze of lemon juice (to taste). Add some lemon zest and season.

6. IT'S THAT TIME Plate up the oozy delicious cannelloni and side with the fresh green leaves. Finish up with a squeeze of any remaining lemon wedge. Well done, Chef!

Nutritional Information

Per 100g

Energy	566kj
Energy	135kcal
Protein	7g
Carbs	14g
of which sugars	3g
Fibre	1.8g
Fat	5.8g
of which saturated	2.5g
Sodium	123mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days