



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, Chef! 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: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Hellen Mwanza

Adventurous Foodie

Strandveld | First Sighting Syrah

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Ingredients & Prep

300g	Free-range Beef Mince
240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly dice</i>
30ml	Spicy Rub <i>(20ml NOMU Italian Rub & 10ml Dried Chilli Flakes)</i>
1	Garlic Clove <i>peel & grate</i>
200ml	Tomato Passata
150g	Lasagne Sheets
80ml	Cake Flour
250ml	Low Fat Fresh Milk
100g	Grated Mozzarella Cheese
40g	Green Leaves <i>rinse</i>
20ml	Lemon Juice

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, 4-5 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, 300ml of water, and simmer until reduced and thickened, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and seasoning.

2. LASAGNE SHEETS Once the water is boiling, add the 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.

3. BECHAMEL Place a pan over medium heat with 60g 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 Lay out the cooked lasagne sheets and place 3-4 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 2-3 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 of the sauce, 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, the lemon juice (to taste), and season.

6. IT'S THAT TIME Plate up the oozy delicious cannelloni and side with the fresh green leaves. Well done, Chef!



Chef's Tip

Be careful not to overfill the lasagne sheets, as this will make them difficult to roll and cause the filling to spill out.

Nutritional Information

Per 100g

Energy	550kj
Energy	132kcal
Protein	6.8g
Carbs	13g
of which sugars	3.1g
Fibre	1.7g
Fat	5.7g
of which saturated	2.5g
Sodium	78mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days