



UCOOK

Ready-to-heat Baked Cannelloni

stuffed with spinach & ricotta cheese

In this UCOOK craft meal, fresh pasta rolls are filled with nutmeg-rich spinach and topped with a tangy tomato & basil sauce, white sauce and fresh ricotta cheese. All you have to do is pop it in the oven, toss together a quick salad, and voilà! Dinner is served.

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: UCOOK

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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

Ingredients & Prep

1	UCOOK Spinach & Ricotta Cannelloni
20g	Green Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
20g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. HEAT TO EAT See cooking instructions on the spinach & ricotta cannelloni packaging. When it's done heating, add seasoning.

2. QUICK SALAD When the meal has 5 minutes to go, place the rinsed green leaves, halved baby tomatoes, and the crumbled feta in a bowl. Toss through a drizzle of olive oil and seasoning.

3. CLASSIC CANNELLONI Plate up the spinach & ricotta cannelloni and serve the fresh salad on the side. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	1612kj
Energy	385kcal
Protein	4.9g
Carbs	9g
of which sugars	1.1g
Fibre	3g
Fat	5.7g
of which saturated	3.5g
Sodium	286mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days