



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Hellen Mwanza

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Adventurous Foodie

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## Ingredients & Prep

450g	Free-range Beef Mince
360g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; roughly dice 1½</i>
45ml	Spiced Rub <i>(30ml NOMU Italian Rub &amp; 15ml Dried Chilli Flakes)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
300ml	Tomato Passata
225g	Lasagne Sheets
125ml	Cake Flour
375ml	Low Fat Fresh Milk
150g	Grated Mozzarella Cheese
60g	Green Leaves <i>rinse</i>
30ml	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, 5-6 minutes. Add the spicy rub and the grated garlic, and fry until fragrant, 1-2 minutes. Mix in the tomato passata, 450ml of water, and simmer until reduced and thickened, 12-15 minutes. Remove from the heat, add a sweetener (to taste), and seasoning.

**2. LASAGNE SHEETS** Once the water is boiling, add 2-4 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 2-4 sheets.

**3. BECHAMEL** Place a pan over medium heat with 90g 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, 15-20 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