



# UCOOK

## Spinach & Ricotta Cannelloni

with sunflower seeds

Bring the flavours of Italy into your home with this DIY take on traditional Italian cannelloni. Enjoy the classic flavour combination of spinach and creamy ricotta, served with a beautiful salad. Mamma mia!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Megan Bure

---

 Veggie

---

 Leopard's Leap | Culinaria Pinot Noir

---

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

## Ingredients & Prep

10ml	NOMU Italian Rub
20g	Spinach <i>rinsed &amp; roughly shredded</i>
100g	Ricotta
4g	Fresh Basil <i>rinsed &amp; roughly chopped</i>
5g	Sunflower Seeds
75g	Fresh Lasagne Sheets
40ml	Cake Flour
125ml	Fresh Milk
60ml	Tomato Passata
50g	Grated Mozzarella
20g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. SPINACH & RICOTTA FILLING** Preheat the oven to 200°C. Place a pan over a medium-high heat with a drizzle of oil or knob of butter. When hot, fry the rub for 30-60 seconds until fragrant. Add the shredded spinach and fry for 3-4 minutes until wilted. Remove from the heat and stir through the ricotta,  $\frac{3}{4}$  of the chopped basil and seasoning. Mix until fully combined.

**2. TOASTY SEEDS & LASAGNE SHEETS** Bring a pot of water to the boil with 1 tbsp of salt. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion. Once the water is boiling, add 3-4 lasagne sheets. Cook for 1-2 minutes until cooked but still firm. 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, they will stick together. Repeat with the remaining sheets in batches of 3-4 sheets.

**3. QUICK BECHAMEL** Return the pan to a medium heat with 40g of butter. Once melted, vigorously whisk in the flour to form the 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 milk. Remove from the heat on completion.

**4. DIY CANNELLONI** Cut the cooked lasagne sheets in half lengthways. Lay out and place 1-2 tbsps of the spinach and ricotta mixture along the length of each lasagne sheet and roll up to form a tube. The mixture should make about 6 tubes. Spread a thin layer of bechamel on the bottom of a greased, deep, ovenproof dish. Lay the tubes side by side on top, pour over the remaining bechamel, and top evenly with the passata. Sprinkle over the grated mozzarella and bake for 15-20 minutes until the cheese is melted and golden.

**5. LET'S GET FRESH** Just before serving, place the rinsed salad leaves,  $\frac{1}{2}$  the toasted seeds, a drizzle of oil and seasoning in a salad bowl. Toss until fully combined.

**6. BUON APPETITO!** Plate up a generous helping of the spinach and ricotta cannelloni and garnish with the remaining chopped basil and toasted seeds. Serve the salad alongside and get ready to enjoy!

## Nutritional Information

Per 100g

Energy	696kJ
Energy	166kcal
Protein	8.2g
Carbs	18g
of which sugars	2.4g
Fibre	1.4g
Fat	6.6g
of which saturated	3.5g
Sodium	169mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days