

Norse Munch!

Recipe for Spinach and Ricotta Cannelloni A hearty and delicious vegetarian supper

Portions: 5

Recipe

150g	Onion – finely chopped
1	Cloves Garlic – crushed
250g	Chopped Spinach
75g	Ricotta Cheese
125g	Cottage cheese
Sprinkle	Ground black pepper
1 tsp	Ground nutmeg
110g	Cannelloni tubes
400g	Chopped Tomatoes

Savoury White Sauce

350ml	Semi-skimmed Milk
1 scoop	Vegetable Bouillon Paste
1.5 tbsp	Cornflour – mixed to a paste with a little milk
100g	Half fat, Mature Cheddar Cheese - grated

Method

- 1 Fry the onion, garlic and spinach together for a few minutes
- 2 Cool slightly then stir in the ricotta and cottage cheeses
- 3 Season with black pepper and nutmeg
- 4 Transfer the spinach mix to a large piping bag and fill the cannelloni tubes
- 5 Pour the chopped tomato into a tin or oven proof dish and place the tubes in a single layer over the top
- 6 Prepare a savoury white sauce – heat the milk with the vegetable bouillon in a large pan until almost boiling
- 7 Remove from the heat and whisk in the cornflour paste
- 8 Return to the heat and simmer, whisking continuously until thickened
- 9 Pour the white sauce over the cannelloni tubes and sprinkle with cheese
- 10 Cover and bake in an oven, preheated to Gas 4 / 180°C / 350°F for 35 minutes, removing the cover for the last 10 minutes to brown

Serve with a Green Salad and Crusty Bread