

RICOTTA AND ROAST PUMPKIN CANNELLONI



Serves 4 | Prep time: 20 mins

Cook time: 60 mins

INGREDIENTS

400g pumpkin, cut into cubes

1 tbsp extra virgin olive oil

2½ cups passata

375g ricotta cheese

Pinch of nutmeg

1 egg

2 tbsp parsley, chopped

2 tbsp basil, chopped

4 tbsp parmesan cheese

¾ cup grated tasty cheese

¼ cup mozzarella cheese

Zest from 1 lemon

12 cannelloni tubes

Salt and pepper to taste

METHOD

1. Preheat oven to 180°C.
2. Place pumpkin on a baking tray and drizzle with oil.
3. Roast the pumpkin for 20 minutes or until soft and tender.
4. Place pumpkin in a mixing bowl and mash with a fork.
5. Pour ½ cup passata into an ovenproof dish and spread evenly over the base.
6. Place ricotta cheese, pumpkin, nutmeg, egg, parsley, basil, lemon zest, 2 tbsp parmesan cheese and seasoning in a large mixing bowl and combine well.
7. Add the ricotta mixture to a piping bag and carefully pipe it into cannelloni tubes. Lay tubes side by side in the dish.
8. Add remaining passata over cannelloni tubes and top with tasty, mozzarella, and parmesan cheese. Cover with foil and bake for 35 minutes.
9. Remove foil and cook for a further 5 minutes.

Serve with salad or roast veggies.



THE NUTRITION GUY



NUTRITION TIP

Ricotta cheese is a great source of calcium and contains a range of other essential nutrients, including vitamins A, B12 and K, iodine, phosphorus, selenium and zinc.