






More Than Food
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Mushroom and Spinach Cannelloni with Roasted Tenderstem Broccoli

The word cannelloni literally means “a big pipe”. Cannelloni is a traditional Sunday lunch or special occasion dish in Italy. It can be filled with anything, from salmon to cured meats. We’ve filled our cannelloni with deliciously creamy ricotta, chestnut mushrooms and spinach. Who says you can’t celebrate a special occasion on a school night?!



45 mins



family box



veggie



Lasagne Sheets (8)



Chestnut Mushrooms
(1 punnet)



Garlic Clove (1)



Thyme (6 sprigs)



Baby Spinach
(6 handfuls)



Organic Chopped
Tomatoes (1 tin)



Ricotta (250g)




Hard Italian Cheese
(4 tbsp)



Tenderstem Broccoli
(2 packs)

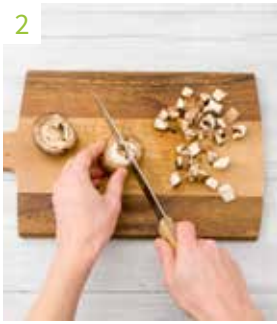
Ingredients

	4 PEOPLE	ALLERGENS
Lasagne Sheets	8	Gluten
Chestnut Mushrooms, chopped	1 punnet	
Garlic Clove, chopped	1	
Thyme	6 sprigs	
Baby Spinach	6 handfuls	
Organic Chopped Tomatoes	1 tin	
Ricotta	250g	Milk
Hard Italian Cheese	4 tbsp	Milk
Tenderstem Broccoli	2 packs	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Nutrition per serving: Calories: 637 kcal | Protein: 32 g | Carbs: 89 g | Fat: 20 g | Saturated Fat: 8 g



1 Bring a pot of water to the boil with $\frac{1}{4}$ tsp of salt and add 1 tbsp of oil to the water too. Preheat your oven to 200 degrees. Once boiling add your lasagne sheets and cook for 4 mins.

Tip: *Doing it in a big pot and adding a tbsp of oil to the water will stop them sticking together so much.*

Carefully drain the lasagne sheets and submerge them in cold water, add 1 tbsp of olive oil to the pot again to stop the sheets sticking together!



2 Roughly chop your mushrooms into 1cm chunks, peel and finely chop your garlic and pull your thyme leaves off their stalks. Heat 2 tbsp of butter (if you have some) or olive oil in a large frying pan on medium heat and add the mushrooms, garlic and thyme along with $\frac{1}{2}$ tsp of salt and a good grind of pepper. Cook for about 4 mins until the mushrooms have reduced down, then add the spinach to your pan, put a lid on (or a plate if you don't have a lid), turn the heat to low and leave for 3 mins so the spinach wilts. **Tip:** *If you have lots of excess water from the spinach just strain this out.* Transfer the mixture to a big bowl, stir well and leave the mixture to cool down slightly.



heat and add $\frac{1}{2}$ tsp of salt, a good grind of pepper and $\frac{1}{2}$ tsp of sugar (if you have some). Bubble gently for 3 mins and then turn off the heat and set this aside as well.

4 LH: Add your ricotta to your mushroom spinach mix and gently stir through so everything is combined.

5 Drain your lasagne sheets, lay them out flat and chop them in half.

LH: Then evenly spoon your mixture along the long side of each and roll them up into tubes.

6 Pop your pasta tubes in an ovenproof dish or baking tray seam side down, making sure they are touching each other and pour over your tomato mixture, making sure it is covering all the pasta and sprinkle over your grated cheese.

7 Put your dish on the top shelf of your oven to cook for 15 mins. In the meantime, put your tenderstem broccoli on a baking tray, sprinkle over $\frac{1}{2}$ tsp of salt and a good grind of pepper and drizzle over 2 tbsp of oil. Put the broccoli in the oven to cook for 10-15 mins.



3 Put your chopped tomatoes into your frying pan (no need to wash the pan!), refill the tin a quarter with water, swill it around and pour this into the pan as well. Pop on medium

8 When the cannelloni is browned and bubbling on top and the broccoli is cooked, take them both out of the oven and serve your cannelloni with the broccoli on the side! Delicious!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!