

CANNELLONI

Low FODMAP

INGREDIENTS

SAUCE

2 x Celery sticks, finely diced
1 x Zucchini, finely diced
1 tsp Dried basil
1 tsp Dried Oregano
1 x Bay leaf
1 x 285g jar Roasted capsicum (or tomato passata) - puree
1 tbsp Tomato paste
2 tbsp Green olives, chopped

RICOTTA MIX

200g Spinach
250g Ricotta
3 x Egg yolks
1/3 cup Cheddar, grated
Black pepper
1 tsp Lemon zest

Feta

Pre-made Gluten-free Cannelloni tubes

NOTES

METHOD

1. Preheat the oven to 180C.
2. SAUCE: Heat oil in a frying pan over medium high heat. Add the spinach to the pan and allow to wilt, when the spinach has wilted, remove from the pan and set aside. Add another splash of olive oil to the pan and then add finely diced celery and zucchini and saute for 2 minutes. Add basil, oregano, bay leaf and pureed roasted capsicum. Cook for 3 – 4 minutes. Add tomato paste and cook for 1 minute. Add green olives and stir through.
3. RICOTTA MIX: squeeze the excess liquid from the wilted spinach, get rid of as much liquid as possible. Roughly chop spinach and add to a bowl along with ricotta, egg yolks, cheddar, black pepper and lemon zest - mix it all up! Spoon the ricotta mix into a piping bag or strong zip lock bag.
4. Choose a baking pan which will comfortably fit about 8 x cannelloni. Spread a layer of the sauce on the base.
5. Pipe the filling into the tubes. Place cannelloni in baking dish. Pour over remaining sauce, covering all the tubes.
6. Cover with foil, then bake for 35 minutes. Remove foil, scatter over feta cheese. Return to oven for 10 minutes until cheese is melted.
7. Serve, garnished with basil if desired.