

Zucchini Cannelloni

Stuffed with Bolognese

Cannelloni is a tube-shaped pasta which is stuffed and topped with sauce. To keep things low-carb, we're replacing pasta with zucchini.

hellóchef

Cals 793 • Prot 58 • Carbs 35 • Fat 46

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bolognese	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Red onion	1	2	2	Piece
Olive oil	1	2	2	Tbsp
Garlic paste	10	15	20	Grams
Dried oregano	2	2	4	Grams
Brown sugar	5	5	10	Grams
Beef stock cube 9*, 11*, 15*	1	1	1	Piece
Tomato passata	200	400	500	Grams
Water	100	50	100	ML
Worcestershire sauce 6*, 11*	15	22	30	ML
Other				
Large zucchini	1	2	2	Piece
Butter 4*	20	30	50	Grams
Plain flour 10*, 11*	20	30	50	Grams
Whole milk 4*	200	400	400	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Grated mozzarella 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams

Allergens

*9 Soya, *11 Gluten, *15 Celery, *6 Fish, *4 Milk, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3313 / 793
Fat (g)	46.2
of which saturates (g)	24.1
Carbohydrate (g)	35
of which sugars (g)	20.3
Fiber (g)	4.9
Protein (g)	58.4
Salt (g)	6.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Using a peeler, carefully shave the **zucchini** until you are left with a pile of **zucchini** ribbons.



2 Fry mince

Heat a non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **beef mince** and fry for 5 min or until browned.



3 Simmer

Once browned, add the **onion** and **garlic paste** and cook for 4 min further. Add the **dried oregano, brown sugar, [0.5/1/1] beef stock cube, tomato passata, measured water** and **Worcestershire sauce**. Simmer for 10 min or until very thick. Set aside to cool.



4 Make bechamel

Meanwhile, heat a saucepan over a medium heat. Once hot, add the **butter** and **flour** and cook, stirring, for 1 min or until a sandy paste has formed. Once a paste has formed, whisk in the **milk** and cook for 3-5 min further or until thickened. Add the **salt, pepper** and **mozzarella**, set aside.



5 Roll

Using two teaspoons, divide the slightly cooled **bolognese sauce** between the **zucchini** strips. Roll the stuffed **zucchini** strips up and arrange them in an oiled baking dish, seam-side down.

Tip! Making rolls too fussy? Make a lasagna instead! Layer the zucchini strips and bolognese in a baking dish and top with the bechamel.



6 Bake

Pour the **bechamel sauce** over the **zucchini cannelloni** and top with the **grated cheddar cheese**. Bake in the oven for 15 min or until the **cheese** is golden and bubbling.