

Zucchini Cannelloni

Stuffed with Ricotta

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 898 • Prot 45 • Carbs 31 • Fat 67

Vegetarian

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🕒 cook: 35 min

R2662



Before you start

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

Ingredients

Sauce	2 ppl	3 ppl	4 ppl	
Red onion	1	1	2	Piece
Garlic cloves	3	5	6	Piece
Olive oil	1	2	2	Tbsp
Tomato passata	200	400	500	Grams
Water	100	100	100	ML
Vegetable stock cube 15*	1	1	2	Piece
Honey	15	15	30	Grams
Cooking cream 4*	200	200	200	ML
Cannelloni				
Large zucchini	1	2	2	Piece
Fresh basil	30	45	45	Grams
Grated Parmesan 4*, 5*	60	120	120	Grams
Ricotta 4*	250	500	500	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Topping				
Grated mozzarella 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams

Allergens

*15 Celery, *4 Milk, *5 Eggs

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)	3733 / 898
Fat (g)	66.9
of which saturates (g)	40.9
Carbohydrate (g)	31
of which sugars (g)	23.6
Fiber (g)	4.8
Protein (g)	44.9
Salt (g)	2.8

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



1 Make sauce

Preheat the oven to 200°C/180°C fan. Peel and chop the **red onion** and **garlic**. Heat a saucepan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **onion** and cook for 5–6 min or until softened. Add the **garlic, tomato passata**, measured **water**, crumbled **vegetable stock cube** and **honey** and simmer for 10 min.



2 Prep

Meanwhile, using a peeler, carefully shave the **zucchini** until you are left with a pile of **zucchini** ribbons (see pro tip). Chop the **basil** leaves finely.

Tip! Use a sharp peeler to shave the zucchini as thickly as possible.



3 Make filling

Add the **Parmesan**, chopped **basil** and **ricotta** to a bowl with a generous pinch of **salt** and **pepper**. Give everything a good mix up.



4 Roll zucchini

Using two teaspoons, divide the **ricotta** filling between the **zucchini** strips. Roll the stuffed **zucchini** strips up and arrange them in an oiled baking dish, seam-side down. Set aside.



5 Blitz sauce

Remove the **tomato sauce** from the heat, add the measured **cooking cream** and puree with a blender until smooth.

Tip! If you end up with leftover cream, use it for weekend omelettes or scrambled eggs!



6 Bake cannelloni

Pour the **tomato sauce** over the **zucchini cannelloni** and top with the **grated mozzarella** and **cheddar** cheese. Bake for 15–20 min or until the **cheese** is golden and bubbling.

Tip! For a carby version, scrap the zucchini and use shop-bought cannelloni shells instead.