



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

Takes: 35 min | Equipment Required: Blender

Cals 963 | Prot 42 | Carbs 52 | Fat 64

Tips For Fussy Eaters

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

Pro Tip

Use a sharp peeler to shave the zucchini as thickly as possible. If you end up with leftover cream, use it for weekend omelets or scrambled eggs!

Ingredients

For 2 For 3 For 4

Sauce

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	1	1	2	Piece
Honey	15	15	30	Grams
Cooking cream	200	200	200	ML

Cannelloni

Large zucchini	1	2	2	Piece
Fresh basil	30	45	45	Grams
Parmesan	60	120	120	Grams
Ricotta	250	500	500	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Topping

Grated mozzarella	60	90	120	Grams
Grated cheddar	60	90	120	Grams



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.



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.



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.



5 Blitz sauce

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



3 Make filling

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



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.



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04-383-93-99