



Stuffed spinach and ricotta pasta shells

in rich Italian tomato sauce



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, medium/large pot, medium/large oven safe dish



Pantry items needed: olive oil, salt, freshly ground black pepper



Hands-on: 25-30 minutes
Ready in: 40-45 minutes



Serves: 2 or 4

These pasta shells are stuffed with a delicious spinach and ricotta-style filling and cooked in rich Italian tomato sauce. Creamy, saucy, moreish, a meal that will warm hearts!

HIGH PROTEIN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Conchiglione	1 packet	1 packet
Baby spinach	140g	280g
Water*	½ tbsp	1 tbsp
Red onion	200g	400g
Garlic	12g	24g
Olive oil*	½ tbsp	1 tbsp
Cherry tomatoes	1 can	2 cans
Passata	1 jar	1 jar
Salt*	¼ tsp	½ tsp
Freshly ground black pepper*	¼ tsp	½ tsp
Firm tofu	1 packet	1 packet
Creamy cashew ricotta base	1 tub	1 tub

* *Pantry items*

Allergens and ingredients

Allergens: gluten, wheat, soy, cashew.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook pasta and spinach

Preheat oven 180°C. Fill a large pot 2/3-full with water and bring to a boil. Add **conchiglione** and cook for **14 minutes**. When done, drain into a sieve, rinse with cold water and set aside. In the same pot over medium-low heat, add **baby spinach** and **water***. Cook, covered, for **2 minutes** or until the **baby spinach** is wilted (see tip). Remove from the heat and allow to cool.

2. Prepare vegetables

Dice **onion** and mince **garlic**.

3. Make tomato sauce

In medium/large pot over medium heat, add **olive oil*** and **onion** cook for **3 minutes**. Add **garlic** and cook for **1 minute**. Add **cherry tomatoes**, **passata**, **salt*** and **freshly ground black pepper***. Reduce to a simmer and cook, uncovered, stirring occasionally, for **15 minutes**.

4. Make ricotta filling

Squeeze **spinach** lightly to remove some of the excess liquid. Using a paper towel, dry **tofu**. In a large bowl, using clean hands, crumble **tofu** finely. Add **cashew cream ricotta base** and **spinach** and mix until combined.

4. Assemble and bake

Pour the **tomato sauce** into a medium/large oven proof dish. Using a dessert spoon, fill each **conchiglione** with **ricotta filling** and place into the dish so they are sitting snugly next to each other, resting on top of the **tomato sauce** layer. Bake for **10 minutes**.

5. Serve

Serve **stuffed spinach and ricotta pasta shells** in shallow bowls with extra **freshly ground black pepper***.

Cooking tip

For 4 serves, add spinach in batches, allowing it to wilt before adding more.

Eat your way
to healthy!



Tomatoes are a good source of fibre, antioxidants and several vitamins and minerals, such as vitamin B9, C, K, and potassium.

Tomatoes have been linked to health benefits such as reduced risk of heart disease and cancer, as well as skin health.

Nutritional information*

	Per 625g serve	Per 100g
Energy	3340kJ (799Cal)	534kJ (128Cal)
Protein	40.3g	6.5g
Fat, total	35.8g	5.7g
- Saturated	5.8g	0.9g
Carbohydrate	69.0g	11.0g
- Sugars	19.0g	3.0g
Sodium	1491mg	239mg

* *Nutritional information is based on averages*