

Spinach & three cheese cannelloni



FOR THE TOMATO SAUCE

- 1 tbsp olive oil
- 3 garlic cloves , finely sliced
- pinch golden caster sugar
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- 2 x 400g cans chopped tomato

FOR THE FILLING

- 500g spinach , washed
- 300g soft rindless goat's cheese
- 100g Parmesan (or vegetarian alternative), finely grated
- pinch grated nutmeg
- 200g dried cannelloni tubes
- 1 ball mozzarella , sliced

1. First make the tomato sauce. Heat the oil in a shallow pan, then fry the garlic for 1 min until fragrant. Add the sugar, vinegar and oregano. Simmer for a moment, then tip in the tomatoes and season. Simmer sauce for 20 mins, stirring occasionally, until the tomatoes have cooked down to a thick sauce. Turn off heat and set aside.
2. Heat oven to 200C/fan 180C/gas 6. Put the spinach in a large colander, then pour over a kettle of hot water to wilt it (you may need to do this twice). Pour over cold water to cool it down. Squeeze the spinach, then place it in a clean tea towel and wring out the water really well.
3. Tip the spinach into a food processor and pulse to chop, then crumble in the goat's cheese and half the Parmesan. Season with salt, pepper and nutmeg, then blitz until everything is finely chopped. Using a piping bag, or a plastic food bag with the corner cut off, squeeze the mix into the cannelloni tubes, then lay them, side by side, in a baking dish. Pour over the tomato sauce and top with the mozzarella and remaining Parmesan. The cannelloni can now be frozen for up to 1 month - defrost completely before cooking. Bake for 25-30 mins until golden and bubbling, then remove and leave to stand for 5 mins. Serve from the dish.

Or why not try... Creamed spinach

Simmer wilted spinach and double cream together until piping hot, then season with salt, pepper and grated nutmeg.

PER SERVING

660 kcalories, protein 32g, carbohydrate 49g, fat 39 g, saturated fat 22g, fibre 6g, sugar 10g, salt 2.32 g