

Broccoli & Ricotta Cannelloni with zucchini "pasta"

Ingredients

serves 6 - 8

Topping

50g parmesan, grated
50g Mozzarella or tasty cheese, grated
sprig rosemary, leaves only

Tomato sauce

2 tablespoon olive oil
1 large onion, diced
2 cloves garlic, crushed
1kg fresh tomatoes or 800g canned tomatoes
½ cup basil chopped
spring rosemary leaves, chopped
salt and pepper to taste
Bay leaf

Filling

1 large onion, finely diced
1 tablespoon olive oil
300g broccoli, chopped in food processor
½ cup (5g) chopped parsley
½ cup (5g) chopped basil
½ cup finely chopped pepitas
zest 1 lemon
pepper to taste
dusting of nutmeg
400g full cream fresh ricotta
75g Fetta cheese, crumbled
1 egg, lightly whisked

Zucchini "pasta"

600g thick zucchini, sliced with thick peeler or mandolin, if too thick to bend, steam first.

Method

Filling

1. Sauté onion in olive oil in a stainless steel frying pan until soft (about 10 minutes.)
2. Cut broccoli into ~ 8 pieces and chop in a food processor or thermomix until rice grain sized.
3. Transfer to the frying pan with olive oil and return it to the heat. Stir. Do not cook broccoli for more than a few minutes or it will taste like sulphur.
4. Chop pepitas and herbs in a food processor or Thermomix.
5. Add to the frying pan with nutmeg and pepper. Remove from the heat and stir.
6. Transfer to a large bowl. Cool in the fridge.
7. Combine ricotta, feta, whisked egg and lemon zest. Mix well. Combine with the broccoli.

Sauce

1. Sauté onion in olive oil in a stainless steel saucepan until soft (about 10 minutes.)
2. Add the garlic. Sauté a further minute.
3. Add the tomatoes, rosemary and bay leaf and cook for about 10 - 15 minutes until rich and a little reduced, but not too thick.
4. Add basil, pepper and salt to taste and set aside until needed. Puree if desired.
5. Grate cheeses for the topping and set aside.

Assembly - preheat the oven to 190C.

8. Ready a large rectangular baking dish by covering the base with the tomato sauce.
9. Overlap groups of 3-4 slices zucchini, lengthways on the bench top to create cannelloni "shells". Or use single slices to wrap smaller amounts of filling.
10. Place 2 tablespoons filling at the base of the zucchini slices, leaving 1cm so you can pick up the bundle. Holding it firmly together, roll it away from you like a sushi roll.
11. Carefully, transfer the cannelloni to the dish. Stand them up or lie them down. Repeat until ricotta mix is all used up. Cook for 20 minutes.
12. Top with cheese and rosemary and return to the oven for another 15 - 20 minutes.

Alternatively layer the ingredients lasagne style. Serve with a large salad.