Spinach And Cheese Cannelloni

Cooking time	35 mins
Preparation time	20 mins
Serves	4

Lunch or supper. A spinach and cheese cannelloni fills you up anytime of the day.

Ingredients

- 2 tbsp oil
- 1 onion finely chopped
- 1 pkt baby spinach chopped
- 1 tub cream cheese
- 3 pkts Royco® Tomato & Basil Pasta Base
- 1 pkt cannelloni tubes
- 2 pkts Royco® Savoury White Sauce
- grated cheese
- - INGREDIENTS FOR THE BREAD
- 1 loaf ciabatta bread (cut into sliced halfway)
- grated mozzarella cheese
- fresh basil pesto
- few sundried tomatoes
- melted butter mixed with crushed garlic

Vegetarian

This recipe is suitable for vegetarians.

Family Friendly

Put your kids in charge of the flavoured bread. Slice the bread, and get them to fill it and wrap it ready for the oven.

Method

1. Heat oil in a pan and fry onion until soft
2. Remove from heat and add spinach, cream cheese, salt & pepper and mix to combine
3. Fill the cannelloni tubes with the spinach filling

4. In a roasting dish, pour the Royco® Tomato & Basil Pasta Base
5. Arrange the filled cannelloni tubes on top of the tomato base
6. Mix the Royco® Savoury White Sauce with rapid boiling water and whisk until smooth
7. Pour the sauce over the cannelloni tubes
8. Sprinkle with cheese and bake for 30 minutes

METHOD FOR THE BREAD

1. Place the bread on a tin foil
2. Fill the bread with cheese, sundried tomatoes, basil pesto and drizzle with garlic melted butter
3. Cover the bread with tin foil and bake for 15-20 minutes

Recipe Tags

Pasta Sauces, Plant-Based

Related Recipes



Four Cheese Frittata

Cooking time

15 mins

Preparation time

5 mins



Mielies with Flavoured Butter

Cooking time

7 mins

Preparation time

5 mins

Cheesy Chicken Pasta Bake

Cooking time

25-30 mins

Preparation time

15 mins



Simple Savoury Mince Pasta

Cooking time

20 mins

Preparation time

15 mins



Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Chicken & Mushroom Tagliatelle

Cooking time

15 mins

Preparation time

15 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

Mushroom, Tomato & Red Wine Fusilli

Cooking time

20 mins

Preparation time

15 mins

Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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