

## PUMPKIN CANNELLONI

HEALTHY  
PICK



Serves 6



Prep Time 20 minutes



Cook Time 35 minutes



### INGREDIENTS

- 500 g pumpkin, roasted or microwaved\*
- 250 g pottle Tararua Cottage Cheese
- ¼ cup chopped fresh basil or parsley, or use 1 Tbsp dried
- 2 eggs
- salt and pepper

### METHOD

Preheat oven to 180°C.

1. Mash the cooked pumpkin and place in a bowl with the Tararua Cottage Cheese, basil or parsley, eggs and a good seasoning of salt and pepper.

- 20 (approx) cannelloni tubes
- 2 x 400 g cans **Wattie's Pesto Style Tomatoes**
- **Wattie's Tomatoes Italian Style**
- ½ cup grated cheese

2. Carefully fill around 20 cannelloni tubes with the pumpkin mixture and place into a large lightly greased ovenproof dish.

3. Pour the **Wattie's Pesto Style** or **Italian Style Tomatoes** over the top of the cannelloni tubes and sprinkle with the grated cheese.

4. Bake for 35 minutes until the pasta is cooked and top golden.

## **TIPS**

The pumpkin must be dry and not wet once mashed. Used crown or buttercup pumpkin for best results.