

## LENTIL AND SPINACH CANNELLONI

HEALTHY



 Serves  
4–5

 Prep Time 20  
minutes

 Cook Time 35–40  
minutes

 A Little More  
Effort



### INGREDIENTS

- 1 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tsp **Gregg's Ground Cumin**
- 120g bag baby spinach leaves, chopped

### METHOD

1. Preheat the oven to 190°C (fan assisted).
2. Heat a dash of oil in a saucepan over medium heat and sauté the onion and garlic until soft. Stir in the **Gregg's Ground Cumin** and cook for a further

- 400g can **Wattie's Lentils in Springwater**, drained
- 200g tub ricotta
- 2 x 400g cans **Wattie's Crushed and Sieved Tomatoes**
- 2 Tbsp basil pesto
- 2 fresh lasagne pasta sheets
- ¼ cup (20g) grated Parmesan Cheese

minute. Transfer to a mixing bowl. Add the chopped spinach and drained **Wattie's Lentils**. Add the ricotta. Season with salt and black pepper to taste and gently mix together.

3. Heat the **Wattie's Crushed and Sieved Tomatoes** in a saucepan until hot. Stir through the basil pesto. Pour one-third of the sauce into a lasagne-style dish (approx 2L capacity).
4. To make the cannelloni: Cut each fresh lasagne pasta sheet into 4. Divide the filling mixture into 8 portions. Spoon a portion of filling along the short end of a pasta sheet and roll loosely to enclose the filling. Place into the lasagne dish seam-side down. Continue with the remaining filling and pasta, placing the filled cannelloni in a single layer in the dish.
5. Pour the remaining tomato sauce over the cannelloni. Scatter over the grated Parmesan.
6. Cover dish with foil and bake for 15 minutes. Remove the foil and continue cooking for a further 20–25 minutes or until the pasta is tender and the top is golden. Serve with a crisp green salad on the side.

## TIPS

- This recipe gets the Healthy Pick for Main Meals.

## SWITCH IT UP

- Replace the fresh lasagne sheets with dried cannelloni tubes and fill the tubes using a small spoon or piping bag with a medium sized nozzle.