

BROCCOLI AND CAULIFLOWER CANNELLONI

Prep + cook time: 1 hour 10 minutes **Serves:** 4 *

Ingredients

400g (12½oz) piece cauliflower, quartered	2 teaspoons finely chopped fresh rosemary
2 tablespoons olive oil	400g (12½oz) can lentils, drained, rinsed
300g (9½oz) broccoli, cut into tiny florets	400g (12½oz) fresh ricotta
2 cloves garlic, chopped finely	½ cup (40g) finely grated parmesan
250g (8oz) grape tomatoes, halved	400g (12½oz) can crushed tomatoes
1 fresh long red chilli, seeded, chopped finely	10 fresh cannelloni sheets (225g)
	½ cup (50g) grated mozzarella

1. Preheat oven to 200°C/400°F.
2. Steam cauliflower for 10 minutes or until very tender. Cool.
3. Meanwhile, heat oil in a large frying pan over medium heat; cook broccoli, garlic, grape tomatoes, chilli and rosemary, stirring, for 8 minutes or until vegetables are softened. Stir in lentils; season to taste.
4. Process steamed cauliflower with ricotta and half the parmesan until smooth. Season to taste.
5. Pour half of the canned tomatoes over the base of a shallow 19cm x 29cm (7¾in x 12in) ovenproof dish. Place cannelloni sheets on a work surface; divide filling between sheets, spooning it lengthways across the middle. Roll up lengthways; place, seam-side down in dish in snug rows. Spoon remaining canned tomato over the top of cannelloni, ensuring they become wet.
6. Spread cauliflower mixture over top of cannelloni, not quite spreading it to the edge of the dish. Scatter with mozzarella and remaining parmesan.
7. Bake for 30 minutes or until golden and cooked through.

Tips

Be sure to use fresh ricotta for this recipe, available from the deli section in supermarkets and delicatessens, for the best texture and taste.

*  = Vegetarian &  = Vegan



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