

# SPINACH & RICOTTA CONCHIGLIE

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## INGREDIENTS

2 tbsp olive oil  
1 small onion , finely chopped  
4 garlic cloves , finely minced  
1 bay leaf , fresh (sub dried)  
1/2 tsp dried thyme  
1/2tsp dried oregano  
100 g tomato paste  
700g passata  
85 mlwhite wine  
1 litre vegetable stock , low sodium  
3/4 tsp salt, or more as needed  
1 1/2 tsp sugar, if needed  
1/3tsp black pepper

## Filling:

500g fresh chopped spinach  
500g ricotta, full fat  
50 g parmesan, finely grated  
100 g grated Mozzarella  
1 egg  
1 large garlic clove, pasted  
Grated fresh nutmeg (just a sprinkling) or  
1/8 tsp nutmeg powder (optional)  
3/4 tsp salt  
1/2 tsp black pepper

## Stuffed shells

250g jumbo conchiglie  
150 grated mozzarella  
50 g grated parmesan  
Fresh basil  
Extra parmesan, for garnish (optional)

## Instructions

## INSTRUCTIONS

**Step 1:** Heat oil in a small pot over medium high heat. Add garlic, onion, bay leaf, thyme and oregano. Cook for 3 - 4 minutes until the onion is translucent. Add tomato paste and cook for 1 minute.

**Step 2:** Add wine, increase heat to high and let it simmer rapidly until mostly evaporated.

**Step 3:** Add passata, stock, sugar, salt and pepper. Stir then simmer on low, uncovered for 20 minutes. Use while hot.

## Filling:

**Step 1:** Saute your chopped spinach with a little oil to wilt down and remove and then squeeze to remove excess liquid. Cool then proceed with recipe.

**Step 2:** Place spinach in a bowl with remaining Filling ingredients. Mix well.

## Assemble & Bake:

**Step 1:** Preheat oven to 200°C or 180°C fan.

**Step 2:** Stuff UNCOOKED shells with spinach ricotta filling. Stuff them full!

**Step 3:** Assemble - Pour the hot tomato sauce in a 23 x 33 cm. Gently place the stuffed shells in - most will be submerged, some may poke above surface.

**Step 4:** Cover with some foil or a baking tray then bake for 70 minutes.

**Step 5:** Check the shells are cooked - they should be al dente! (If not, return to oven, covered). Sprinkle with mozzarella then parmesan. Bake 15 minutes until melted and just starting to go golden

# THE COOKERY

by The Secret Jozi Chef