

SPINACH & RICOTTA CONCHIGLIE

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