

Roasted Pumpkin Cannelloni

Serves 4-6 people

Ingredients

1 onion diced
1 tsp garlic minced
500g roasted pumpkin skin off
1/2 tsp salt
1 pinch pepper
100g baby spinach
2 Tbsp chopped basil
200g feta diced
12 - 14 cannelloni tubes
800g of tomato pasta sauce
500g grated cheese

Tomato pasta sauce

1/2 onion
1 tsp garlic minced
800g tin diced tomato
2 Tbsp chopped basil
100ml red wine
Salt and pepper

Method

Tomato pasta sauce

1. In a pot, fry the onion and garlic in a little olive oil.
2. Add the diced tomato, red wine, basil and a good pinch of salt and pepper.
3. Bring the sauce to a boil reduce heat and simmer for about 10 minutes.
4. Remove from heat.

Cannelloni

1. In a saucepan fry the onions and garlic with a little olive oil. Add the roasted pumpkin, salt and pepper. With a wooden spoon, break down and slightly mash the pumpkin in the pot.
2. Add the spinach and the basil stirring into the pumpkin mixture.
3. Fold in the feta and then remove the mixture from the heat and allow to cool.
4. Fill the cannelloni tubes with the pumpkin mixture.
5. Pour half of the tomato pasta sauce into a baking dish and lay the cannelloni into the sauce, trying to fill the tray as best you can.
6. Cover the cannelloni with the tomato pasta sauce. You may require more sauce depending on how many gaps there are to fill in your baking dish.
7. Sprinkle the top with cheese and bake at 200c for 30 to 35 minutes checking with a skewer to see if the pasta is cooked.

