

Promin Cannelloni

Ingredients

Promin Low Protein Burger Mix

Promin Low Protein Pasta in Sauce Tomato, Pepper & Herb

Promin Low Protein Lasagne

Promin Low Protein Cheese Sauce Mix

Method

1. Add the burger mix to a bowl, add 500ml of water and mix to a “mince” consistency. Fry gently in a little oil.
2. Remove pasta shells from the sachet and add 200ml of water to the sauce powder mix. Add to the burger mix in the frying pan and simmer gently for 2-3 minutes.
3. Simmer 2 sheets of Promin lasagne in boiling water for 7-8 minutes and place on a greased baking tray.
4. Place the burger and sauce mixture from the saucepan onto the lasagne sheets and shape into a roll.
5. Add 110ml of hot water to the cheese sauce mix and mix well, and then pour over the cannelloni.
6. Cover with a lid or foil and bake on low to medium heat for 10 minutes.

**** You will need to count exchanges for this recipe ****

This recipe was provided by Promin