

Vegetable Cannelloni

Ingredients

1 garlic clove, crushed
100g carrots, finely sliced
1 red pepper, chopped
75g mushrooms, chopped
1 red onion, chopped
1 tablespoon olive oil
500g passata
50g broccoli, chopped
Handful of fresh basil leaves
475g white lasagne sauce – check protein content on label
Salt and pepper, to taste
Loprofin Lasagne Sheets x 6
Crushed Quavers – need to count as exchanges
Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Heat the olive oil in a large pan and fry the onion and garlic until soft, but not coloured.
2. Add the carrots and cook for 5 minutes.
3. Add the peppers and cook for a further 5 minutes.
4. Stir in the mushrooms and passata and bring the mixture to the boil.
5. Add the broccoli and basil and simmer for 5 minutes or until the vegetables are tender.
6. Whiz the vegetables in a food processor in batches, until they are finely chopped.
7. Return the vegetable bolognese to the saucepan to warm through.
8. Soak the Loprofin Lasagne Sheets in boiling water for 10 minutes, until they are soft and malleable.
9. Remove the sheets from the water, spread with a layer of vegetable sauce and roll into a tube.
10. Place the tube into the dish and repeat the above steps with the remaining lasagne sheets and vegetable bolognese.
11. Cover the dish with white sauce, ensuring the entire cannelloni is covered.
12. Sprinkle with crushed Quavers or low protein cheese.

13. Bake for 35-40 minutes until brown and the cannelloni is cooked through.

This recipe was provided by Nutricia