

# COOKING CUISINE

28th Sept 2022

## Involtini di Zucchini al forno too good for Sunday lunch only

Serves 6

### Equipment

- Large saucepan
- Cast iron skillet or baking dish

### Ingredients

- 300gr (spicy) sausage of choice, chicken, pork, etc
- or 300gr cooked lentils, seasoned, for vegetarian filling
- 1 large red capsicum pepper, chopped
- 1 can chopped, peeled tomatoes or 200ml passata
- 2tbsp dried oregano
- 2tbsp dried tyme
- ½ tsp ground nutmeg (leave out if using pesto)
- ¼ tps dried chili flakes (optional)
- 2 large zucchinis or oblong aubergines
- 1 tub (250gr) ricotta cheese
- 100gr shredded cheese (gouda, cheddar or fontina)
- 400gr spinach leaves, blanched, drained and chopped or a 90gr jar of green Genovese or red pesto
- 2 mozzarella balls shredded
- Basil leaves for garnish



### Directions

- Heat the olive oil in a large frying pan or cast iron skillet.
- Add the sausage meat (ommitt this step if using lentil)
- Fry for approx. 5 minutes or until browed, stirring throughout, breaking the meat into a fine crumbly texture in the process
- Reduce the heat if necessary and ad the pepper, canned tomatoes, herbs and spices and season with salt and pepper to taste.

- Stir everything well and let simmer until the sauce thickens. Stir occasionally and scrape the sides of the pan to not let any sauce or oil burn. Turn off and let rest when the sauce is thick and creamy
- In the meantime, use a potato peeler to peel the zucchini into even wide strips and lay them flat on a kitchen towel or kitchen paper, lightly sprinkle with salt, this will draw out some of the liquid
- Combine the ricotta with the chopped spinach leaves add the nutmeg and a good pinch of salt. (Alternatively, mix the ricotta with the pesto, omitting the nutmeg and salt)
- Spread  $\frac{3}{4}$  of the tomato and sausage sauce at the bottom of a skillet or baking dish
- Take 2 zucchini ribbons at a time, lay them side by side lengthwise and spoon some of the mixture onto one end.
- Carefully roll up from the side with the filling into a roll. Place in the centre of the skillet onto the sauce and continue with the rest of the zucchini, working from the centre outwards, until the whole dish is filled. If using a square or rectangular baking dish, start on one side and work across to the other side in even rows.
- Pour the remaining sauce evenly over the involtini and drizzle with some olive oil or remaining pesto.
- Top with the shredded mozzarella (or grated cheese of choice)
- Bake in the oven for 15-20 min, or until the cheese has melted and slightly browned.
- Remove from the oven and top with the basil

Serve with roast potatoes, side salad, rice or fresh crusty bread.

**Tip:** This dish can be frozen and keeps in the fridge for 3 days.

# Recipe 2 Title

Serves x

## Equipment

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## Ingredients

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## Directions

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