



Spinach and ricotta bake



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



An easy



vegetarian meal.



A great

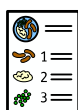


recipe

and



meal to serve.



Contains



delicious



roasted



red peppers

and



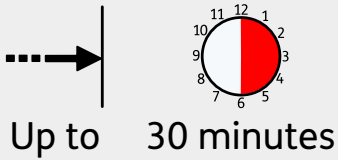
mozzarella.



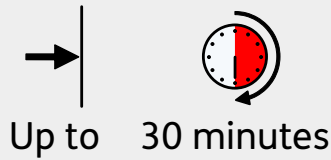
Meal information



Preparation time



Cooking time



Serves



Nutrition in each serving:

Calories
(kcal)

418

Protein
(g)

20

Carbohydrate
(g)

59

Fat
(g)

10

Fibre
(g)

7



Ingredient List



400g
wholemeal
penne



1 tbsp
vegetable oil



1 onion, finely
chopped



6 garlic cloves,
finely chopped



1 tsp sweet
smoked paprika



250g roasted
peppers (from a
jar), finely
chopped



700g passata



400g tin
chopped
tomatoes



1 tsp dried
oregano



200g ricotta



small handful
sage leaves
(about 12),
finely chopped



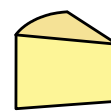
150g baby
spinach



handful basil
leaves, roughly
chopped



125g light
mozzarella,
finely chopped



15g Parmesan,
finely grated



sea salt and
freshly ground
black pepper



mixed salad
leaves, to serve



Equipment List



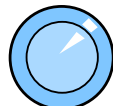
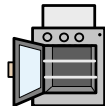
2 saucepans

hob

wooden spoon

bowl

colander

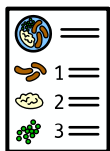


baking dish
(approx. 32cm
x 28cm and
6cm deep)

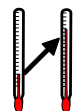
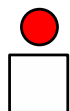
oven

plates

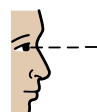
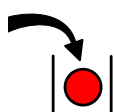
cutlery



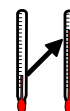
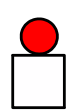
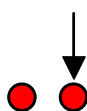
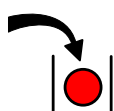
Method



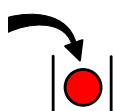
Boil a saucepan of salted water over a high heat.



Add the penne and check instructions on packet.



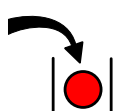
Add oil to the other saucepan and put on a high heat.



5



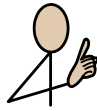
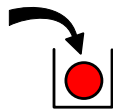
Add the onion and sauté for 5 minutes.



2



Add the garlic, stir and cook for 2 minutes.



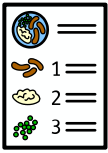
You can add a drop of water if it starts to catch.



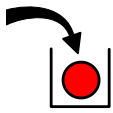
1



Stir in the smoked paprika and cook for 1 minute.



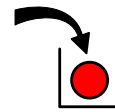
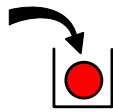
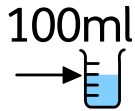
Method



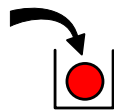
Add the roast peppers, passata, tomatoes and oregano.



Pour 100ml of water into the passata jar and add to pan.



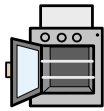
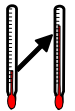
Simmer for 10 minutes.



Mix ricotta and sage in a bowl and season.

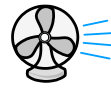


Drain the penne and rinse with cold water.

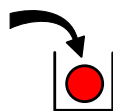


220°C

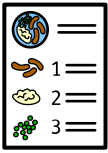
200°C



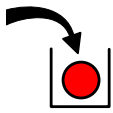
Preheat the oven to 220C / 200C fan / Gas 7.



Wilt the spinach in the saucepan and season.



Method



Add



the penne



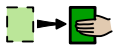
to the saucepan



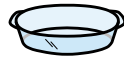
and stir



thoroughly.



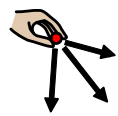
Transfer to



the baking dish

and

spread it out.



Scatter



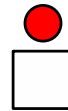
the mozzarella,



ricotta



and sage



over



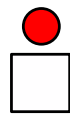
the baking dish.



Sprinkle



the parmesan



over



the baking dish.



Cook in the oven



for 25 minutes.



Serve with



a side salad.