

Jen's no pasta "Beef Cannelloni"

Makes 9

150 Cals per "cannelloni"

Ingredients:

1 packet of Woolworths beef sizzle steak (or steak cut really thin, approx. 40-45gm each)

400g of light ricotta cheese

40g of pine nuts

150g (large bag) of English spinach leaves

1 teaspoon of garlic and herb salt (Masterfoods)

Sauce:

1 large (400gm) can of diced Italian tomatoes

1 cup of diced carrot

1 cup of diced celery

1 cup of sliced onion

1 packet of continental beef or vegetable stock pot (or 1 cube of stock)

1 teaspoon of Italian herbs

Preheat oven to 200°C

Place spinach in a pot with a teaspoon of water and steam until wilted. Remove and let cool

Mix ricotta with pine nuts and garlic and herb salt

Lay beef slices flat, line with the spinach. Place a large tablespoon of the ricotta mix at the end and roll. Place in baking dish "open end" down.

Melt the stock pot in the microwave.

Mix the tomato, carrot, celery, onion, stock and herbs.

Place over the beef rolls.

Bake for 40-50 min until the beef is cooked, vegies are soft and a nice "baked edge" forms.

Serve with brown rice or steamed vegies, or both.