

Sweet Corn & Ricotta Cannelloni

with Sautéed Summer Squash

TIME: 30-40 minutes

SERVINGS: 4

For a seasonal take on cannelloni—filled and baked tubes of pasta—we're rolling fresh pasta sheets around a creamy, delicately sweet mixture of ricotta and fresh corn, then baking it all under a layer of tomato sauce. On the side, sautéed summer squash tossed with a bit of vinegar makes for a light, bright counterpoint.



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Light & Fresh

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Ingredients



12
FRESH PASTA
SHEETS



1
CAGE-FREE
FARM EGG



1 28-oz can
WHOLE PEELED
TOMATOES



1 cup
PART-SKIM
RICOTTA CHEESE



2 cloves
GARLIC



2 ears of
CORN



2
SUMMER SQUASH



1 bunch
PARSLEY

KNICK KNACKS:



1 Tbsp
WHITE WINE
VINEGAR



2 Tbsps
GRATED
PARMESAN
CHEESE



1/4 tsp
CRUSHED RED
PEPPER FLAKES



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1 Prepare the ingredients:

- ☐ Preheat the oven to 475°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Remove and discard the corn husks and silks. Cut the corn kernels off the cobs; discard the cobs.
- ☐ Crack the egg into a medium bowl and beat until smooth.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Peel and roughly chop the garlic.
- ☐ Place the tomatoes in a large bowl. Gently break apart with your hands.
- ☐ Halve the squash lengthwise, then cut crosswise into 1/2-inch pieces.



2 Cook the corn & make the filling:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **corn**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened.
- ☐ Transfer to the bowl of **egg**. Stir in the **ricotta cheese**, **half the vinegar**, and **half the parsley**. Drizzle with olive oil and season with salt and pepper. Wipe out the pan.

3 Make the sauce:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until slightly reduced in volume. Turn off the heat. Season with salt and pepper to taste.



4 Cook the pasta:

- ☐ While the sauce cooks, using your hands, separate the **pasta sheets**; add to the pot of boiling water. Cook, stirring gently to separate, 1 to 2 minutes, or until just shy of al dente (still slightly firm to the bite). Drain thoroughly and rinse under cold water. Transfer to a work surface.

5 Assemble & bake the cannelloni:

- ☐ Spread about 1/3 of the **sauce** into the bottom of a baking dish. Divide the **filling** among the centers of the **cooked pasta sheets**. Roll the pasta sheets around the filling; carefully transfer to the baking dish, seam side down. Evenly top with the **remaining sauce** and **half the parmesan cheese**. Drizzle with olive oil and season with salt and pepper.
- ☐ Bake 8 to 10 minutes, or until heated through. Remove from the oven and let stand for at least 2 minutes.



6 Cook the squash & serve your dish:

- ☐ While the cannelloni bake, rinse and wipe out the pan used to make the sauce. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash** in a single layer. Cook, without stirring, 4 to 5 minutes, or until browned. Season with salt and pepper. Continue to cook, stirring occasionally, 3 to 4 minutes, or until softened. Turn off the heat; stir in the **remaining vinegar** (be careful, as the vinegar may splatter). Transfer to a serving dish.
- ☐ Garnish the **baked cannelloni** with the **remaining parmesan cheese** and **remaining parsley**. Serve the cooked squash on the side. Enjoy!