

Broccoli & Ricotta Cannelloni

with Romaine Salad & Creamy Parmesan Dressing

TIME: 40-50 minutes

SERVINGS: 4

For this take on an Italian-American favorite, you'll fill pasta sheets with broccoli and ricotta, then top them with red and green sauces—plus a layer of fresh mozzarella. Baking the cannelloni melds all the bright, comforting flavors.



MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



Ingredients



12
FRESH PASTA
SHEETS



1 cup
PART-SKIM
RICOTTA CHEESE



1 14-oz can
WHOLE PEELED
SAN MARZANO
TOMATOES



4 oz
FRESH
MOZZARELLA
CHEESE



2 Tbsp
SLICED ROASTED
ALMONDS



1
ROMAINE
LETTUCE HEART



2 Tbsp
PICKLED
PERUVIAN
PEPPERS



1 Tbsp
ITALIAN
SEASONING*



2 Tbsp
QUARK CHEESE



1 lb
BROCCOLI



2 cloves
GARLIC



1/3 cup
BASIL & CASHEW
PESTO**



1 Tbsp
RED WINE
VINEGAR



1/4 cup
GRATED
PARMESAN
CHEESE

* Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram

**contains pine nuts



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the **broccoli** stem; roughly chop the broccoli.
- ☐ Place the **tomatoes** in a medium bowl; gently break apart with your hands.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).



2 Cook the pasta:

- ☐ Using your hands, separate the **pasta sheets**; add to the pot of boiling water. Cook 1 to 2 minutes, or until al dente (still slightly firm to the bite).
- ☐ Leaving the pot of water boiling, using a slotted spoon or tongs, carefully transfer the cooked pasta sheets to a strainer; rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Transfer to a work surface.



3 Cook the broccoli & make the filling:

- ☐ Add the **chopped broccoli** to the same pot of boiling water. Cook 3 to 5 minutes, or until tender. Drain thoroughly and transfer to a large bowl.
- ☐ Stir in the **ricotta cheese**, a drizzle of olive oil, and **half the pesto** (stirring before adding). Season with salt and pepper to taste.



4 Make the sauce:

- ☐ While the broccoli cooks, to the bowl of **tomatoes**, add the **garlic paste** and **Italian seasoning**. Stir to combine and season with salt and pepper to taste.

5 Assemble & bake the cannelloni:

- ☐ Spread about **half 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 in an even layer, seam side down.
- ☐ Evenly top with the **remaining sauce**, **mozzarella cheese** (tearing into small pieces before adding), **remaining pesto**, and **half the parmesan cheese**. Season with salt and pepper.
- ☐ Bake 10 to 12 minutes, or until lightly browned and the cheese is melted.
- ☐ Remove from the oven and let stand at least 2 minutes.



6 Make the salad & serve your dish:

- ☐ While the cannelloni bake, cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- ☐ To make the dressing, in a bowl, combine the **quark cheese**, **vinegar**, **remaining parmesan cheese**, and **1 tablespoon of olive oil**. Season with salt and pepper.
- ☐ Just before serving, in a large bowl, combine the chopped lettuce, **peppers**, and enough of the dressing to coat (you may have extra dressing); toss to combine. Season with salt and pepper to taste.
- ☐ Serve the **baked cannelloni** with the salad on the side. Garnish the salad with the **almonds**. Enjoy!

