

# PASTA MADE EASY





## CANNELLONI DI MAGRO (SPINACH AND RICOTTA )

### RECIPES FOR 4 PEOPLES

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#### Ingredients:

500g every day pasta dough or any other you prefer  
700g tomato pasta with basil  
250g ricotta cheese  
150g fresh spinach  
50g parmesan cheese grated  
pinch of sea salt  
pinch of black peppercorns  
pinch of nutmeg  
2 extra spoon parmesan cheese

#### METHOD:

- 01 Mix all the ingredients gently with a wooden spoon and add seasoning.
- 02 Prepare a piping bag with a hole 3-4 cm wide and put the filling inside the piping bag ready to use.
- 03 Dust your work surface with some flour and make sure the pasta machine is well clamped.
- 04 Set the pasta machine at it's widest setting and roll a lump of pasta dough after flattered with your hands or with the rolling pins.
- 05 Click the pasta machine down a setting and roll the pasta dough through again.
- 06 Try to keep a square shape, approximately like the tin foil baking tray we will use.
- 07 Once obtained a long and large sheet cut in to desired shape, roughly about 7 cm long and 12 wide, you should obtain 8 stripes ready to use asap.
- 08 Squeeze in to the wide side a part of the filling for each stripes, roll on the pasta like a cigarette.
- 09 Place your passata in to a backing tray and poach the cannelloni directly in to the tomato sauce, sprinkle with a little more parmesan cheese grated.
- 10 Cook for 25 minutes at 180C degrees, the pasta will result softer if you use warm passata sauce.

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# SPECIAL SAUCES AND FILLING FOR YOUR DELICIOUS PASTA

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## **Rocket Pesto**

50g rocket  
30g cress  
1 garlic clove,  
crushed 40g  
whole almonds  
30g parmesan  
cheese 30g  
extra virgin olive oil

Put all ingredients in to a food processor or pestle & mortar and mix until smooth but still grainy.

Drop the Trofie into salted boiling water and cook for about 6 to 8 minutes if freshly made, or 8 to 12 minutes if the pasta has been previously dried.

Drain and top with pesto. Give it a quick mix, then serve.

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## RED PEPPER SAUCE WITH HERBS:

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#### **Nutritional facts:**

1 red Pepper  
1 Ripe Tomato  
1 red Onion  
2 cloves of Garlic  
Chilly  
30 g Tomato pure  
50 g Oil EVO

Mint basil oregano and thyme (3/4 leaf of each, more mint if cheese is strong)

Chop all ingredient (not the herbs) and cook together on low heat for no more then 3-4 minute, then using a hand food processor blitz with Oil EVO until smooth and creamy.

Sauté the ravioli or tagliatelle on this creamy sauce and grate some good Mature Goat cheese on top and Black peppercorn.

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# LEEK AND CHICKPEA PASTA

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## RECIPES FOR 4 PEOPLES

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### Nutritional facts:

Kcal:	365
Total fat:	6.8g
saturated fat:	1g
Total Carbohydrate:	62.2g
dietary Fibre:	9.7g
Total Sugar:	5.3g
Protein:	12.3g

### Ingredients:

1 can of boil chickpeas (or 250g freshly cooked)  
2 leeks  
2 cloves of garlic  
2 fresh tomato (or half can of chopped tomato)  
half medium spiced fresh chilli  
20g gee or extra virgin oil ( coconut, olive, rapessed)  
250g wholegrain hand made pasta  
5g turmeric  
freshly grated ginger  
a dash of cumin and cinnamon (optional)  
sea salt  
black peppercorns

### METHOD:

- 01 Peel, wash and chop the vegetable (excluding peeling tomatoes).
- 02 Warm up a medium/large sauce pan with oil or gee, add chopped garlic and leeks.
- 03 Gently stir fry for couple of minutes and then add chopped tomato, turmeric, chickpeas, black peppercorns and half tea spoon of salt.
- 04 Add 1 lt of hot water from kettle and boil at high heat for 5 minutes, add your pasta. Cook for approximately 8 minutes, depend on type of pasta.
- 05 Gently stir and add tiny bit of hot water if the consistency result to thick.
- 06 Grate a little bit of fresh ginger and cook pasta until result al dente.
- 07 Or cook the pasta on another pan and add to the end.
- 08 Cover with freshly ground black peppercorns.

### NOTES:

Combining pulses and grains in a single meal has a rich history in ancient culinary practice. A major benefit of combining pulses and grains is the amino acids they provide wen eaten together. Turmeric and black peppercorns also works in synergy and increase the bioavailability of the compound called curcumin a very good antioxidant.