

Vegetable Cannelloni

Serves: 6

Preparation time: 20 minutes

Cooking time: 21 minutes excluding baking time

Ingredients

1 onion
1 clove garlic
½ red pepper
½ green pepper
20g olive oil
900g water
150g broccoli cut into florets
200g butternut cut into 2cm cubes
12 cannelloni shells

Cheese sauce

100g cheddar cheese
500g milk
40g butter
40g flour
1 egg seasoning to taste
tomato puree or passata

Method

- Preheat oven 180°C
- Place onion, garlic, red and green pepper into TM bowl. Chop **3 secs/speed 5**. Add olive oil.
- Sauté **3 mins/Varoma/reverse/spoon speed**. Set onion mixture aside.
- Place water into TM bowl and broccoli and butternut into steaming basket. Insert basket into correct position.
- Steam vegetables **18 mins/Varoma/speed 1** until cooked. Pour water out of TM bowl.
- Place steamed vegetables and onion mix back into TM bowl. Chop gently **3 secs/Reverse/speed 3**. Repeat if necessary. The vegetables must be able to fit into the cannelloni tubes without being "mushy".
- Fill cannelloni rolls with vegetable mixture. Lay side by side in baking dish.
- Rinse bowl. Place cheese into TM bowl. Grate **8 secs/speed 8**. Set aside.
- Place milk, butter, flour and seasoning into TM bowl. Cook **7 mins/90°C/speed 4**. Add cheese and egg. Beat **10 secs/speed 7**.
- Pour sauce over cannelloni. Add a swirl of tomato puree over the cheese sauce. Bake 30 minutes. Leave to stand for 10 minutes before serving. Serve with a fresh green salad and crusty bread rolls.

Chef's tip:

- Instead of cannelloni rolls, place a layer of lasagna pasta in an oven proof dish followed by a layer of vegetable mix, tomato puree and finally cheese sauce. Repeat these layers once more ending with cheese sauce. Bake as per cannelloni.

*Thank you **Janet Bailey** for today's recipe. Janet is a dedicated teacher and has been with our team for nearly 3 years. She is now in training for a Junior Group Leader so if you live in the Pretoria area, and would like to join Thermomix as a consultant, please contact us and we will put you in touch with Janet.*



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