



ALMOND RICOTTA ZUCCHINI ROLL-UPS

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 600/SERVING



These are perfect for when you're craving classic Italian flavours, but something light and nourishing at the same time. Fluffy almond ricotta gets wrapped up in thinly sliced tender zucchini, and baked with marinara sauce. Paired with a balsamic salad for an ideal spring dinner.

WHAT YOU'LL NEED

- Baking dish (ideally square)
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Zucchini	2	4
Tomato sauce	1.5 cups	3 cups
Almond ricotta	1 cup	2 cups
Almond parmesan	2 tbsp	4 tbsp
Greens	3 cups	6 cups
Dressing	3 tbsp	6 tbsp



Preheat your oven to 400°F. Very thinly slice the **zucchini** lengthwise. Tip: Use a peeler if your knives aren't very sharp!



Spread the **zucchini** out on a baking sheet lined with a silicone baking mat or lightly greased and salt generously, then bake in the oven for 10-15 minutes, just until soft and pliable. Keep oven on.



Pour the **tomato sauce** into the bottom of a baking dish, spreading out in an even layer. Scoop 1 tbsp of **ricotta** onto the wider base of the **zucchini**, then roll it up gently and place in the dish. Repeat with the **remaining zucchini** and **ricotta**.



Brush the tops of the **zucchini rolls** with a little **oil** and season with **salt** and **pepper**. Place the dish in the oven and bake for 15-20 minutes until sauce is bubbling and zucchini are golden.



Meanwhile, toss the **greens** in the **dressing** to make a side salad.



Divide the **zucchini roll-ups** between plates with a generous drizzle of **tomato sauce** and sprinkle with the **almond parmesan**. Serve with the **salad**.

Nutrition Facts		Valeur nutritive	
Per Serving (646 g)			
pour 1 (646 g)			
Calories 600		% Daily Value*	
Fat / Lipides 42 g		% valeur quotidienne*	
Saturated / saturés 4.0 g			56 %
+ Trans / trans 0 g			20 %
Carbohydrate / Glucides 42 g			
Fibre / Fibres 15 g			54 %
Sugars / Sucres 22 g			22 %
Protein / Protéines 22 g			
Cholesterol / Cholestérol 5 mg			2 %
Sodium 1870 mg			81 %
Potassium 2000 mg			43 %
Calcium 300 mg			23 %
Iron / Fer 7 mg			39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			