

Spinach and Cheese Stuffed Pasta Shells

Preparation time: 60 min

Difficulty: Easy

Ingredients

- Fresh Thyme: 4 Sprigs
- Garlic Cloves: 3
- Olive Oil:
- Onion: 1 diced
- Oregano: Finely Chopped - Leaves Only
- Pasta Shells: 1 Box
- Pomi Tomato Sauce: 2 Tbsp
- Ricotta cheese or vegan fermented cashew cheese: 1 cup
- feta cheese or vegan feta: 3.5 oz
- spinach (frozen, then defrosted OR fresh and wilted): 7,05 oz



Preparation

Hearty Stuffed Shells made with a trio of flavorful cheeses, tender spinach, fresh herbs, and homemade Pomi marinara sauce.

Pasta

You'll need 250g (1 Box) giant pasta shells. Cook as per packet instructions and prepare the rest of the recipe while cooking and cooling the pasta.

Homemade Marinara Sauce Ingredients:

1 Box of Pomi Strained Tomatoes, 2 Tbsp Pomi Tomato Sauce, 2 tsp olive oil, 4 cloves garlic, crushed 1/2 tsp finely ground sea salt, Black pepper, 4 sprigs fresh thyme (leaves only), and 1 spring finely chopped oregano (leaves only).

Homemade Marinara Sauce Preparation:

Heat olive oil in a saucepan. Add garlic and sauté for 1-2 mins on until browned. Add remaining ingredients. Bring sauce to a gentle bubble, then reduce and simmer for 15 mins, stirring occasionally. While the sauce is cooking start to prepare the Spinach Stuffing.

Spinach Stuffing Ingredients:

100g feta cheese or 100g vegan feta, crumbled. 200g spinach (frozen, then defrosted OR fresh and wilted), 1 onion, finely diced 3 cloves garlic, crushed 2 tsp olive oil Pinch sea salt 1/2 cup Ricotta cheese or vegan fermented cashew cheese.

Spinach Stuffing Preparation:

1. Heat a frypan over medium flame, then add olive oil. Add onion and salt, cook for 2-4 mins, or until translucent. Add in garlic and sauté for 30 seconds. Turn off heat.
2. In a bowl, mix remaining ingredients. Add cooled onion and garlic, and mix together with a spoon until uniform. Assemble. Heat oven to 200 degrees C.
4. Pour a layer of homemade marinara sauce in the bottom of a deep tray.
5. Spoon filling into pasta shells, placing onto the marinara base. You can layer the shells a little if you need to. Once you have finished filling, top with extra marinara sauce, sprinkle with cheese (optional) and bake (covered) for about 30 mins. The Marina Sauce Should Bubble.

For this recipe we used:

Tomato Sauce One Box

