




Product Spotlight: Pasta Shells


Pasta Shells are an iconic seashell-shaped pasta with a concave body ideal for scooping up thicker sauces and small bits of vegetables. Shells, known in Italy as conchiglioni, are a versatile pasta that shines in a variety of dishes.



Pork and Ricotta Stuffed Pasta Shells

Large pasta shells stuffed with Italian-seasoned pork mince and ricotta, baked in a rich tomato passata with baby spinach and finished with dollops of creamy ricotta and crispy sage leaves.

 45 minutes

 2 servings

 Pork

Switch it up!

Want to try the traditional method? Sauté veggies until softened. Mix with raw mince & seasoning. Stuff mixture into cooked pasta shells and layer in an oven dish with passata. Top with ricotta and sage. Bake, covered, for 20 minutes. Uncover and bake for 5 minutes until filling is cooked through.

Per serve: **PROTEIN** 72g **TOTAL FAT** 53g **CARBOHYDRATES** 71g

FROM YOUR BOX

PASTA SHELLS	1 packet
BROWN ONION	1
GARLIC CLOVE	1
CARROT	1
PORK MINCE	500g
ITALIAN SEASONING	1 tub
TOMATO PASSATA	1 jar
BABY SPINACH	1 bag
RICOTTA CHEESE	1 tub
SAGE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried chilli flakes (see notes)

KEY UTENSILS

frypan, saucepan, oven dish

NOTES

Omit chilli flakes if preferred.

To get extra serves from this meal, serve with some steamed green vegetables or a garden salad.

Italian Seasoning: fennel seed, ground paprika, ground nutmeg, onion granules, garlic granules, dried rosemary, dried parsley, dried oregano, dried chilli flakes

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA SHELLS

Set over to 220°C.

Bring a large saucepan of water to a boil. Add **1/2 packet pasta** and cook for 10 minutes or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**.



2. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic** and grate **carrot**. Add **ricotta to a bowl** with **1/2-1 tsp chilli flakes, salt and pepper**. Mix to combine and set aside in the fridge until step 5.



3. BROWN THE PORK MINCE

Heat a large frypan over medium-high heat with. Add **pork mince** and cook until beginning to brown. Add **prepared vegetables** and **Italian seasoning**, sauté for 6-8 minutes until **veggies** have softened.



5. SIMMER THE SAUCE

Pour in **passata** and **spinach**. Mix to combine. Simmer for 2-3 minutes until **spinach** has wilted. Remove from heat and season to taste with **salt and pepper**.



4. BAKE THE PASTA

Add **sauce, 1/3 cup cooking liquid** and **pasta shells** to an oven dish. Toss to coat **shells** (add extra cooking liquid if necessary to loosen the sauce). Dollop on **ricotta** and add **sage leaves**. Drizzle with **oil**. Bake for 5-10 minutes until edges are golden.



6. FINISH AND SERVE

Serve **pasta bake** tableside (see notes).

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