

SPINACH SPAGHETTI



It's impossible to predict how much everyone will eat from one day to the next or who will or will not be home for dinner! This is a great way to utilise all those leftovers.

300g cooked leftover spaghetti*
450g spinach
200g ricotta
1 clove garlic
30g parmesan
pinch sea salt
heavv grind of black pepper

Preparation time: 5 minutes
Cook time: 40 minutes
Serves: 4

Preheat the oven to 200°C. Blanche the spinach until wilted. Drain, catching the water in a large Hokan Bowl to use for stock, soup or gravy another day! Squeeze all excess water out of the spinach and then combine with the ricotta, garlic, salt, pepper and parmesan. Blend for a smooth creamy texture or keep chunky if your prefer. Mix the spinach-ricotta sauce through the leftover spaghetti, spoon into a large Hokan Bowl and place the lid on. Bake for 40 minutes on the middle shelf and serve straight from the bowl. The bowl will be hot so take care when handling and to protect surfaces that are likely to be damaged by heat.

*Other types of pasta; penne, fusilli, conchiglie etc work just as well.

One serving: Calories 198, Fat(g); 8.9, Saturated(g); 5.7, Sodium(mg); 51.6, Potassium(mg); 6.3, Carbs(g); 18.5, Fibre(g); 2.1, Sugars(g); 1.7, Protein(g); 10.1, Vitamin C(%); 0.8, Calcium(%); 0.3 Iron(%); 0.2

**(vitamin percentage based on a 2000 calorie/day diet)*

41% fat - 38% carbohydrates - 21% protein

