



Mood Foods Recipe Collection

Spinach, Ricotta & Butternut Squash Rolls

INGREDIENTS:

- 250g Spinach (fresh or frozen can be used)
- 400g Ricotta cheese
- 1/2 Butternut squash, peeled & cubed
- A few sprigs of thyme
- 1 tbsp Olive oil
- 1.5 cups grated parmesan
- 1.5 cups grated cheese (I used Cheddar)
- 1 Egg
- 1 Garlic clove, Minced
- Pinch of nutmeg
- 1/2 tsp Salt
- Black pepper
- Shortcrust pastry (use a boxed version if you don't want to make your own)
- 1 Egg - to brush over the top of the rolls
- Sesame seeds to garnish



METHOD:

1. Peel and cut the butternut squash into small cubes. Place on a baking tray, drizzle with olive oil and a few sprigs of thyme and put in the oven (160 degrees) for about 20 minutes or until cooked
2. Place spinach in a pan and pour over boiling water. Squeeze out all the excess water and transfer to a bowl
3. Add all the other ingredients and mix together then add the butternut squash once its cooked.
4. Roll out your pastry and cut into the size of the rolls you want
5. Divide the filling between each roll, brush the edges with the beaten egg and roll up and seal each roll and place on a baking tray
6. Put a few slits across the top of each roll, brush with the beaten egg then sprinkle sesame seeds on top

7. Bake in the oven (160C) for about 25 minutes
8. Remove from the oven and enjoy!

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