



# Beef and spinach agnolotti

40'  
Hands on

1 hour'  
Hands off

60'  
Cook Time

4-6  
Portion(s)

2  
Difficulty



## Method

For the homemade pasta dough

- Place the flour on your working surface and make a well in its center. Add in the eggs, lightly beaten, the olive oil, and the salt.
- Mix with a fork, incorporating a little flour at a time. When the dough starts forming and you aren't able to continue mixing with the fork, start kneading with your hands.
- At first, the dough will stick to your fingers but if you knead it constantly for at least 10 minutes, you will see it thickening and getting the desired consistency. If you want, you can make the dough in the mixer, too.
- When it's ready (it will have a velvety texture and it won't stick to your hands anymore), wrap it in plastic wrap so that it doesn't dry, and let it rest for 30-60 minutes.

For the stuffing

- In a **pot** add half of the butter, the onion, the beef, and sauté until the meat is golden brown.
- Add the rosemary, the garlic, the flour, and mix very well.
- Add the tomato sauce, salt, and sauté for 1 more minute. Then, add the stock.
- Lower the heat, cover the pot, and simmer for about 1 hour until the meat is very tender.
- Drain the meat, remove the rosemary, and put the sauce aside.
- In a pot, heat the spinach until it wilts. Drain it and add it to the meat.
- Transfer the meat along with the spinach into a food processor.
- Add half of the parmesan, the egg yolk, the nutmeg, and process until there is a uniform mixture.
- Add the stuffing in a pastry bag and refrigerate it for 30 minutes until it thickens.

For the agnolotti

- With a rolling pin or a pasta maker, roll out the dough into a long, thin sheet.
- With a pastry bag, shape a line with the stuffing along the sheet, 1-2 cm away from the edges of the side that is in front of you.
- Cover the stuffing with the sheet that is in front of you, and -with your hands- roll the side with the stuffing twice inwards (technically, you will create a thin roll with the stuffing at its center).
- With a pastry cutter wheel or with a knife, cut the remaining dough lengthwise (that is, what is left after double-rolling the dough).
- Starting from the beginning of the roll, "divide" it into pieces using your fingers (do not cut them, simply shape cavities along the roll).
- Then, with the pastry cutter wheel, cut the right and left sides (where the cavities are), creating the agnolotti.
- In the end, you will have created small, rectangular pieces that will have the stuffing at the center.
- In a pot, boil the agnolotti in salted water, for 5-7 minutes.
- Drain them and put aside 50-70 g of the water where the pasta boiled.
- In a small **frying pan**, add the sauce that you put aside when you drained the meat.
- Add the rest of the butter and the water from the pasta that you put aside.
- Add in the agnolotti and boil them for 2 minutes.
- Serve right away, sprinkling with the rest of the parmesan and a little finely chopped

## Ingredients

For the homemade pasta dough

- 250 g all-purpose flour, + extra for dusting
- 3 eggs, medium
- 2 tablespoon(s) olive oil
- 1 teaspoon(s) salt

For the stuffing

- 100 g butter
- 1 onion, finely chopped
- 500 g beef, boneless and without fat, cut into 1 cm cubes
- 1 sprig(s) rosemary
- 1 clove(s) of garlic
- 1 tablespoon(s) all-purpose flour
- 3 tablespoon(s) [tomato sauce](#)
- salt
- 400 g stock, beef
- 100 g baby spinach
- 100 g parmesan cheese, grated
- 1 egg yolk
- 2 pinches nutmeg
- parsley, finely chopped, to serve

## Διατροφικός πίνακας

Nutrition information per portion

581 Calories (kcal)	30.0 Total Fat (g)	15.0 Saturated Fat (g)	40.0 Total Carbs (g)
29%	43%	75%	15%
2.8 Sugars (g)	36.0 Protein (g)	3.4 Fibre (g)	1.8 Sodium (g)
3%	72%	14%	30%

parsley.

### **Tip**

You can store the agnolotti in the freezer -after kneading them- for 1 month, inside zipper storage bags.