



Recipe Category / Pasta

Light baked tortellini

10'
Hands on

35'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 250 g tortellini, 4 cheese
- 1 onion
- 400 g zucchinis
- 200 g spinach, fresh
- 30 g olive oil
- 3 tablespoon(s) all-purpose flour
- 300 g milk
- 1 chicken bouillon cube
- 150 g strained yogurt
- 70 g parmesan cheese, grated
- pepper
- 2 tablespoon(s) dill
- 2 tablespoon(s) mint
- 2 tablespoon(s) basil
- 200 g mixed cheeses, light

To serve

- mint leaves
- basil leaves
- 1 tablespoon(s) olive oil
- pepper

Method

- Preheat oven to 200* C (390* F) Fan.
- Place a pot full of salted water over high heat, bring to a boil and add the tortellini.
- Coarsely chop the onions and add them to the pot.
- Chop the zucchini into cubes and add them to the pot.
- Boil for 3-4 minutes until both the tortellini and vegetables soften.
- Turn off heat and add the spinach. Stir for 1-2 minutes, until they wilt. If the spinach leaves are too large, rip them apart with your hands. If you are using baby spinach add it as is.
- Drain and set aside.
- Place the pot over high heat.
- Add 30 g of olive oil and the flour. Stir with a ladle.
- Add the milk in batches. Wait until each batch is absorbed before adding the next.
- As soon as the mixture comes to a bowl, add the bouillon cube and stir until it melts.
- Remove pot from heat and add the yogurt. Stir until completely incorporated.
- Add the tortellini, vegetables, parmesan, pepper, dill, and basil (coarsely chopped). Mix.
- Transfer to a 20x30 cm ovenproof baking dish and sprinkle with the mixed cheeses.
- Bake for 20 minutes, until golden.
- Serve with mint leaves, basil leaves, olive oil and freshly ground pepper.

Διατροφικός πίνακας

Nutrition information per portion

543 Calories (kcal)	24.0 Total Fat (g)	13.0 Saturated Fat (g)	45.0 Total Carbs (g)
27%	34%	65%	17%
11.0 Sugars (g)	32.0 Protein (g)	4.8 Fibre (g)	2.7 Sodium (g)
12%	64%	19%	45%