

FILLED PASTA SHELLS WITH TOMATOES - HAM SAUCE

2 persons / 567 kcal per person

Ingredients:

- 130 grams of pasta shells
- 400 grams of diced tomatoes
- 150 grams of ham strips "truffle flavor"
- 1 onion
- 1 red bell pepper
- 1 tablespoon of Italian herbs
- 75 grams of ricotta
- ½ tablespoon of pesto
- 40 grams of grated cheese for pasta
- pepper and salt



Preparation:

Boil the pasta shells in boiling water, with some salt, for 10 minutes "al dente". Drain the pasta shells and let them cool slightly. Preheat the oven to 200 °C. Chop the onion and cut the bell pepper into small pieces. Heat a pan and fry the onion with the bell pepper for 5 minutes. Add the ham strips, diced tomatoes and the herbs, bring to the boil and let it simmer for 10 minutes on low heat. If necessary, season the sauce further with salt and pepper. Fill the pasta shells with the tomato sauce. Divide the remainder of the tomato sauce in an oven dish. Place the filled shells on the sauce. Then divide the ricotta, pesto and the grated cheese over the pasta shells. Cover the baking dish with aluminum foil and put it in the oven for 20 minutes. Remove the foil and then bake the dish in the oven for another 10 minutes.

Nutritional value per person:

Energy:	567 kcal
Protein:	33.2 grams
Carbohydrates:	63.3 grams
- including sugars:	16.9 grams
Fat:	18.6 grams
Fiber:	6.3 grams
Salt:	3.4 grams