

FILLED PASTA SHELLS WITH RICOTTA AND ZUCCHINI

2 persons / 553 kcal per person

Ingredients:

- 400 grams of diced tomatoes
- ½ tablespoon of Italian herbs
- ½ medium onion
- 1 clove of garlic
- 120 uncooked grams of "conchiglioni rigati" (pasta shells)
- ½ zucchini
- 1 lemon
- 10 grams of unsalted butter
- 70 grams of Parrano grater
- 100 grams of ricotta
- 10 basil leaves
- pepper and salt



Preparation:

Chop the onion and finely chop the clove of garlic. Melt the butter in a frying pan. Fry the onion and garlic until translucent. Add the tomato cubes and the Italian herbs and stir everything together. Let the sauce simmer for half an hour on low heat with the lid on the pan. Simultaneously cook the pasta shells in the pan "al dente". Drain and let them cool. Cut the zucchini into small cubes. Grate the zest of the lemon and finely chop the basil. Place the zucchini, the lemon zest, the ricotta, 50 grams of Parrano grater, the basil and a little pepper and salt in a large bowl or bowl. Add the lemon juice and taste if the ricotta mixture is flavored. Add more of the ingredients if necessary. Preheat the oven to 180 degrees Celsius. Pour the red pasta sauce into an oven dish. Fill the pasta shells with the ricotta mixture and place them side by side in the sauce. Sprinkle the pasta shells with the rest of the Parrano grater. Place the oven dish in the oven and bake the filled pasta shells with ricotta and zucchini in 25 minutes.

Nutritional value per person:

Energy:	553 kcal
Protein:	26.6 grams
Carbohydrates:	58.2 grams
- including sugars:	16.5 grams
Fat:	22.2 grams
Fiber:	4.8 grams
Salt:	2.2 grams