

FRANCESCA'S SPIEDINI DI PASTA (PASTA SKEWERS)



Sign up to our [Foodclub](#) on [medifoods.co.nz](#) for more recipes and special offers!

INGREDIENTS

50g grated Parmigiano Reggiano
200g fresh ricotta
25 paccheri
a spoonful of extra virgin olive oil
salt and pepper to taste
panko or breadcrumbs, if needed
100g béchamel (see below)
150g fresh spinach
1 egg

— Available at Mediterranean Foods

1 clove garlic
wooden skewers
Béchamel Ingredients (Makes 1 cup)
2 tablespoons flour
freshly ground pepper
1¼ cups milk, heated
2 tablespoons butter
salt

METHOD

First of all, start from the spinach. Heat up the oil in a large non-stick pan and brown the garlic for a few minutes. Then add the spinach, after washing and draining it. Lower the heat and cook for 5 minutes. Turn off the heat, let the spinach cool down and drain any extra liquid left. Then roughly chop it with a knife, removing the garlic.

Transfer the spinach to a bowl and mix it with the ricotta and the egg. With the help of a wooden spoon, add the grated Parmigiano Reggiano (leaving a couple of teaspoons aside), a pinch of salt and black pepper to taste. If the mixture still looks a bit watery, add a bit of panko or breadcrumbs to dry it.

Put the ricotta and spinach mixture in a piping bag and let it rest. Meanwhile, turn on the oven at 180°C and soak a few wooden skewers (depending on how many paccheri you'll put on each one) in water. This will prevent the skewers from burning in the oven.

Cook the paccheri in salty boiling water as indicated on the packaging. They have to be 'al dente', as they will cook a little longer in the oven. Drain them and cool them immediately under cold water. Dry them carefully and arrange them in groups of three/four (depending on the skewers' length) on a baking sheet in a baking tray. Take the ricotta and spinach mixture and use it to fill each pacchero. Cover the top of every pacchero with the béchamel sauce and a little bit of grated Parmigiano.

Pierce the paccheri very carefully with the skewers, trying not to break them. Put them in the oven and bake them for 10 minutes. Turn on the grill and move the tray to the top level of the oven for a light browning (for about 5 more minutes).

BÉCHAMEL RECIPE

Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the mixture cooks and bubbles a bit, but don't let it brown – about 2 minutes. Add the hot milk, continuing to stir as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring for 2 to 3 minutes more. Remove from the heat.

SHARE YOUR DISH
AND TAG US!



@MEDIFOODSNEWTOWN



@MEDIFOODS