



HEALTH SCORE

86%

Incredible Baked Cauliflower and Broccoli Cannelloni



Gluten Free



Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



1009 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 ounce best-quality anchovies drained chopped in oil canned
- ☐ 4 large handfuls arugula leaves washed and dried
- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound broccoli washed chopped
- ☐ 1 pound cauliflower white washed chopped
- ☐ 2 small to 3 chiles dried crumbled
- ☐ 2 cups crème fraîche

- ☐ 1 small bunch basil fresh leaves picked
- ☐ 1 small bunch thyme leaves fresh leaves picked
- ☐ 7 cloves garlic peeled finely sliced
- ☐ 1 optional: lemon
- ☐ 7 ounces mozzarella cheese
- ☐ 6 servings olive oil
- ☐ 6 servings olive oil extra-virgin
- ☐ 7 ounces parmesan finely grated
- ☐ 6 servings sea salt
- ☐ 16 cannelloni tubes
- ☐ 2 cups tomato sauce
- ☐ 6 servings good-quality red wine vinegar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ potato masher
- ☐ colander

Directions

- ☐ This is a twist on the classic Italian dish of orecchiette with broccoli, anchovies and garlic – I've added cauliflower and made it an oven-baked dish. The flavors are amazing.
- ☐ Preheat the oven to 375 degrees F. Bring a large saucepan of salted water to the boil and drop in the chopped broccoli and cauliflower. Boil for 5 to 6 minutes, until cooked, then drain in a colander, reserving the cooking water.

- ☐ Heat a wide saucepan, pour in a couple of good glugs of olive oil and add the garlic. Fry for a few seconds, then add the thyme leaves, anchovies, anchovy oil and chiles and continue frying for a few seconds more before adding the cooked broccoli and cauliflower with around 4 tablespoons of the reserved cooking water. Stir everything together, put a lid on the pan leaving a little gap, and cook slowly for 15 to 20 minutes, stirring regularly – overcooking the vegetables not only intensifies their flavor but gives you the texture that you need for this recipe.
- ☐ Remove the lid for the last 5 minutes to let the moisture evaporate, then use a potato masher to crush the vegetables. Take the saucepan off the heat, taste the vegetables and season carefully with salt and pepper.
- ☐ Spread the mixture on a baking sheet to cool. Meanwhile, get yourself another baking dish or roasting pan (the right size for fitting the cannelloni tubes snugly side by side – I test this by actually laying the tubes into the dish, then remove them and put to 1 side) and pour in the tomato sauce with a pinch of salt and a swig of red wine vinegar.
- ☐ Now, to make a really quick and easy white sauce, mix the creme fraiche with half the Parmesan, a sprinkling of salt and pepper and a little of the reserved cooking water to thin it down.
- ☐ Spoon your cooled broccoli and cauliflower mixture into a large sandwich bag and cut off the corner. Twist the top of the bag and squeeze it to pipe the filling into the cannelloni tubes. (If you prefer, use a teaspoon to push the mixture into the cannelloni or use a piping bag.) Fill the tubes up – don't be stingy! – and place them in a single layer on top of the sauce.
- ☐ Lay the basil leaves over the cannelloni and spoon your white sauce evenly over the top. Season with black pepper, sprinkle over the remaining Parmesan and tear over the mozzarella.
- ☐ Drizzle with extra-virgin olive oil and bake in the preheated oven for 30 to 40 minutes, or until golden and bubbling on top.
- ☐ Dress the arugula leaves with a squeeze of lemon juice and about 3 times as much extra-virgin olive oil.
- ☐ Serve the cannelloni with the arugula and some good crusty bread.
- ☐ "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:56.324348014334%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 10.87mg, Kaempferol: 10.87mg, Kaempferol: 10.87mg, Kaempferol: 10.87mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 1009.48kcal (50.47%), Fat: 64.38g (99.05%), Saturated Fat: 22.84g (142.73%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 26.34g (9.58%), Sugar: 9.69g (10.76%), Cholesterol: 842.29mg (280.76%), Sodium: 1541.03mg (67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.35g (154.69%), Copper: 6.28mg (314.24%), Selenium: 164.44µg (234.92%), Vitamin C: 139.34mg (168.89%), Vitamin K: 130.92µg (124.68%), Phosphorus: 1242.96mg (124.3%), Vitamin B2: 1.87mg (110.29%), Vitamin B12: 5.5µg (91.69%), Calcium: 847.63mg (84.76%), Vitamin E: 10.26mg (68.37%), Zinc: 7.94mg (52.94%), Potassium: 1766.96mg (50.48%), Vitamin B3: 9.63mg (48.16%), Vitamin A: 2359.46IU (47.19%), Magnesium: 186.86mg (46.72%), Folate: 140.05µg (35.01%), Vitamin B6: 0.68mg (34.24%), Vitamin B5: 3.4mg (33.96%), Manganese: 0.65mg (32.7%), Iron: 5.17mg (28.75%), Fiber: 5.68g (22.72%), Vitamin B1: 0.24mg (15.79%), Vitamin D: 0.3µg (1.98%)