

## Spinach and Ricotta Shells



Serves  
**2 people**

Prep Time

Cooking

Total Time

Calories  
**550 kcal**

### Stuff that's in it:

- 75G Dried Large Conchiglioni Shells (Cooked)
  - 375G Ricotta
- 2 Rashers Thick Cut Bacon (Diced)
  - 1 (70G) Onion (Diced)
  - 250G Spinach
- 1 Garlic Clove (Finely Chopped)
  - 1 Tsp Oil
  - 15G Pecorino Cheese
- 3 Chestnut Mushrooms (Diced (Optional))
- 150G Ready Made Tomato And Basil Sauce ((I Used Tesco))

### What you do:

Spray your pan with oil and heat, Add your onion and bacon and cook for a minute or 2, then add the garlic and mushrooms if using and fry until bacon starts to brown. Add your spinach but by it and wilt. Then cool slightly and add the ricotta, gently heat through.

Use a spoon to scoop the mixture into the shells, then add the cheese and grill until golden.

Heat the sauce and place the shells on top.

I didn't fill all my shells to full capacity so if you do them like mine , you will have loads of filling left over to serve with the sauce.

### **Nutrition**

- Carbs: 42g
- Fat: 26g
- Protein: 33g

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