

# Keto Pumpkin & Spinach Cannelloni

Hands-on 30 minutes Overall 1 hour 30 minutes

**Nutritional values (per serving):** Total carbs: 7.8 g, Fiber: 1.2 g, **Net carbs: 6.6 g,**

Protein: 17.1 g, Fat: 37.8 g, Calories: 427 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

- 2 cups diced pumpkin (232 g/ 8.2 oz)
- 3 leeks - use only the outer parts which will be about 90 g/ 3.2 oz
- 1 small head of cauliflower (265 g/ 9.4 oz)
- 1 tsp fresh thyme
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 8 ounces goat's cheese, crumbled (226 g)
- 1 cup fresh spinach, chopped (30 g/ 1.1 oz)
- 8 ounces cream cheese (226 g)
- 1 cup heavy whipping cream (240 ml/ 8 fl oz)
- 1/2 cup fresh basil, finely chopped (8 g/ 0.3 oz)
- 1 cup finely grated Parmesan or other Italian hard cheese (90 g/ 3.2 oz)
- 1/2 tsp minced garlic (1 small clove)
- 2 large eggs
- 1/2 cup grated cheddar cheese (57 g/ 2 oz)

## Instructions

- Pre-heat oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Remove skin and seeds from pumpkin and cut into small cubes (around 1 inch/ 2 cm). Place on to roasting tray.
- Cut cauliflower into florets and place on tray with pumpkin.
- Scatter thyme over vegetables, season with salt and pepper and drizzle with olive oil. Roast for approx. 35-45 minutes, until soft and caramelised.
- Remove from oven and let cool. Crumble goat's cheese into a bowl. Mash pumpkin and cauliflower roughly, you still want quite a bit of texture, just not any huge pieces.
- Place in bowl with goat's cheese and spinach, and mix through.
- Cut the white ends of your leeks into lengths to suit your lasagne dish.
- Very carefully remove the outer few layers of the leek by slicing through one side and gently unwrapping them. Although this recipe calls for three leeks, you only use a small part of each of them. Store the rest for use in another dish.
- Cook until tender. You'll have to watch this yourself because the times can really change. You want your leek to be pliable, but not soggy. One ready, remove the leeks from the pot and place in cold water to stop the cooking process.
- Using a stand mixer, combine the cream cheese and the double cream until smooth. Add the basil, Parmesan, garlic and eggs and process until combined.
- Spread about a third of your cheese sauce onto the base of your lasagne dish. Lay your leek tubes out flat and place about three tablespoons of mixture in the centre of each.
- Roll the leek up around the filling, creating a tube and place in your dish, seam side down. Continue filling and rolling until your dish is full.
- Pour and spread the balance of the cheese sauce over the leek tubes (feel free to scrape the bowl and eat it with a spoon!)
- Sprinkle grated cheddar over the top and add a touch of Parmesan.
- Bake at 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional) for about 30 minutes, or until browned on top and hot through. Serve with a simple fresh green salad. To store, let it cool down, cover and refrigerate for up to 5 days.

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