

Manicotti with Hungry Planet Beef™

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.14 oz

1 HUNGRY PLANET BEEF™

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	1 3/4 tbsp	0 lb 0.83 oz	SEAR VEGETABLES Heat oil for vegetables on medium heat. Add onions and cook until translucent. Add chili flakes, garlic, and spinach and cook until aromatic and spinach has wilted. Remove from pan and set aside.
<i>For vegetables</i>			
Onion, diced	~ 1 1/3 cup	0 lb 6.25 oz	
Garlic clove, finely minced	~ 1/3 cup	0 lb 1.46 oz	
Red pepper flakes	1 1/2 tsp	0 lb 0.08 oz	
Baby spinach	2 1/8 qt	0 lb 12.50 oz	

Name of ingredient	Capacity measure	EP	Methods
2 Oil, canola	3 1/2 tbsp	0 lb 1.67 oz	SEAR HUNGRY PLANET BEEF™ Heat oil for Hungry Planet Beef™ on high heat and sear Hungry Planet Beef™ while stirring every so often. Remove when beef has browned and add to bowl with vegetable mixture. Let cool.
<i>For beef</i>			
Hungry Planet Beef™		3 lb 2.00 oz	
Salt, kosher, Diamond Crystal	~ 1 1/4 tbsp	0 lb 0.38 oz	
Spices, black pepper, ground	~ 1 tbsp	0 lb 0.25 oz	

3 FILLING


Name of ingredient	Capacity measure	EP	Methods
Vegan ricotta	~ 2 qt	4 lb 2.67 oz	PREPARE FILLING In bowl with cooled Hungry Planet Beef™ mixture, add ricotta, parmesan, and parsley. Mix to combine, then scoop into a piping bag to fill pasta.
Vegan parmesan, dry, grated	~ 1 1/4 cup	0 lb 3.96 oz	
Parsley, Italian, fresh, chopped	~ 1/2 cup	0 lb 1.04 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Pasta, dry, manicotti	2 lb 1.33 oz		COOK PASTA Cook Manicotti in boiling salted water following the cooking time on the box or until al-dente. Drain and let cool enough to handle. Fill cooked manicotti using the piping bag filled with cheese and Hungry Planet Beef™ mixture.

5 ASSEMBLE

Name of ingredient	Capacity measure	EP	Methods
Sauce, pasta, spaghetti/marinara, ready-to-serve	3 1/3 qt	7 lb 4.67 oz	ASSEMBLE MANICOTTI Preheat oven to 350°F. Cover bottom of baking dish with half of the marinara sauce. Layout filled manicotti on top of sauce until dish is filled. Cover with the rest of the marinara sauce, sprinkle with mozerella cheese and bake until cheese melts. Broil to help cheese turn golden brown. Serve hot.
Vegan mozzarella cheese, shredded	2 1/8 qt	2 lb 1.33 oz	

ALLERGENS

 SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 8.42 oz	0 %	20 lb 8.42 oz	0 %	20 lb 8.42 oz
Size of portion	13.14 oz		13.14 oz		13.14 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	2.03 g	21.61 %	82.91 kcal	Salt	0.50 g		
Saturated	0.16 g	1.76 %	346.92 kJ	Salt	0.50 %	Vitamins	
Monounsaturated	0.61 g	6.48 %	0.35 MJ	Sodium	262.79 mg	Vitamin A	12.37 µg
Polyunsaturated	0.51 g	5.45 %		Phosphorus	32.12 mg	Vitamin D	0.00 µg
Trans	0.01 g	0.07 %		Potassium	230.17 mg	Thiamine	0.10 mg
Cholesterol	0.71 mg			Iron	1.17 mg	Riboflavin	0.06 mg
Linolenic acid	0.41 g			Calcium	29.35 mg	Niacin	2.13 mg
Alpha-linolenic acid	101.23 mg			Zinc	0.22 mg	Vitamin B6	0.08 mg
Carbohydrate	11.68 g	57.25 %		Magnesium	12.25 mg	Vitamin B12	0.00 µg
Sugars	2.10 g	10.29 %		Iodine	0.00 µg	Folic acid	22.23 µg
Sugar	0.00 g			Selenium	6.93 µg	Vitamin C	1.27 mg
Lactose	0.00 g			Copper	0.06 mg	Vitamin E	1.00 mg
Fibre	1.79 g	4.12 %				Vitamin K	10.82 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	34.20 g
Starch	6.34 g	31.06 %					
Protein	4.75 g	23.27 %					
Alcohol	0.00 g	0.00 %					