

Choco Fever Dream

Spinach Ricotta Stuffed Shells Recipe

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 large no-boil pasta shells
- [ ] 2 cups fresh spinach leaves
- [ ] 1½ cups ricotta cheese
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1 egg, lightly beaten

For the Sauce

- [ ] 2 cups marinara sauce
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] ¼ cup fresh basil, chopped
- [ ] Zest of 1 lemon
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish.
2. In a skillet, heat olive oil over medium heat, add garlic, and sauté until fragrant. Stir in marinara, basil, lemon zest, salt, and pepper; simmer 5 minutes.
3. While the sauce simmers, blanch spinach in boiling water for 30 seconds, drain, and squeeze out excess water. Roughly chop.
4. In a bowl, combine ricotta, Parmesan, egg, and chopped spinach; mix until smooth.
5. Spread a thin layer of sauce in the bottom of the dish, then fill each shell with the ricotta mixture and place seam-side up.
6. Cover shells with remaining sauce, sprinkle mozzarella on top, and cover the dish with foil.
7. Bake for 20 minutes, remove foil, and bake another 10 minutes until cheese is golden. Let rest 5 minutes before serving.

Nutrition per serving

380 kcal	20 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, stir in a splash of water or vegetable broth.
- For extra flavor, add a pinch of crushed red pepper flakes to the sauce.
- Use a kitchen timer to avoid over-baking; the cheese should be just lightly browned.