



# Italian baked ricotta in Napolitana sauce

**Prep:** 15 minutes

**Cook Time:** 35-40 minutes

**Serves:** 4

**Portion Serving Size:** 250 g



## INGREDIENTS

- 750 g ricotta cheese
- 1 large handful of baby spinach, cooked, chopped & liquid squeezed out
- 1 large (200 g) potato, cooked and mashed
- 2 large eggs
- 3 Tbs (45 ml or 24 g) flour
- A pinch of ground nutmeg
- ¼ cup (34 g) grated Parmesan cheese
- Salt & freshly ground black pepper, to taste
- 3 cups (750 ml) ready-made Napolitana Sauce

Grated Parmesan cheese, to serve  
Fresh basil, to serve

Crusty bread, to serve  
Green salad, to serve (optional)



## METHOD

1. For the ricotta balls; in a medium bowl, combine the ricotta cheese, cooked spinach, mashed potato, eggs, flour, nutmeg, a ¼ cup grated Parmesan cheese, and season well salt and freshly ground black pepper.
2. Mix all ingredients with a fork until well combined. Grease a medium baking dish with some olive oil.
3. Using an ice-cream scoop, scoop balls of ricotta into the baking dish, making sure the balls are packed closely together. Top with Napolitana sauce and place into a preheated 200°C oven. Bake for 40 minutes until bubbling.
4. Remove from the oven and scatter with grated Parmesan and fresh basil before serving.

## Nutrition Facts

Serving size: 250 g

Energy (kJ)	1524
Protein (g)	21.4
Total Carbohydrates (g)	22.7
Fat (g)	21
Fibre	2
Calcium (mg)	389



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