

serves 6 people

ingredients

cannelloni

600g lean beef mince
 40g (1/2 cup) gluten-free bread crumbs (made from day-old bread)
 2 extra large 59gm eggs
 80ml (1/3 cup) light soy milk
 4 green shallots (spring onions), trimmed, finely chopped
 2 tbsp chopped fresh oregano
 2 tbsp chopped fresh parsley
 2 garlic cloves, crushed
 good quality salt & freshly ground black pepper
 18 x round 28cm rice paper wrappers
 1 1/2 tbsp chopped fresh flat leaf parsley

tomato sauce

1 tbsp extra virgin olive oil
 1 large brown onion, finely chopped
 2 large garlic cloves, finely chopped
 1 x 800g can diced tomatoes in juice
 160ml (2/3 cup) water
 2 small fresh red chillies, deseeded, finely chopped (optional)
 1 tsp balsamic vinegar
 1 tsp sugar
 good quality salt & freshly ground black pepper

cooks notes: *You can roll the cannelloni up to 2 hours ahead. Place in the lined steamer baskets and cover the surface of the cannelloni with plastic wrap. Cook just before serving. *The tomato sauce can be made up to 2 days ahead. Keep in an airtight container in the fridge. Reheat just before serving.

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method

- To make **tomato sauce**, heat the oil in a medium saucepan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until slightly soft. Add the garlic and cook for 30 seconds. Add the tomatoes, water, chilli, vinegar and sugar and bring to a simmer. Reduce heat and cook, partially covered, over low heat, stirring occasionally, for 15 minutes or until slightly thickened.
- Meanwhile, to make **cannelloni**, place beef, breadcrumbs, eggs, milk, green shallots, oregano, parsley and garlic in a bowl. Season with salt and pepper and mix until well combined.
- Pour boiling water into a large frying pan then add a little cold water. Place a rice paper wrapper in the hot water and soak for 30 seconds or until translucent. Lift wrapper carefully onto clean tea towel and place 2 slightly rounded tablespoons of beef mixture 5cm from the nearest edge. Fold the edge over the filling to cover, fold in sides and roll up to enclose filling. Place cannelloni in baking paper lined large steamer basket seam-side down. Repeat with remaining wrappers and beef mixture, replenishing hot water in the pan as necessary. You may need to use 2 steamer baskets stacked together to fit all the cannelloni.
- Bring large wok, one-third filled with water to the boil. Cover steamer baskets with lid and place over wok. Cook cannelloni for 6 minutes or until cooked through.
- To serve, use tongs to lift cannelloni onto warmed serving plates. Spoon tomato sauce over the top, sprinkle with parsley and serve immediately with a green leafy salad.

