



Ricotta and spinach cannelloni recipe

Serves 2

	½ liter/1 pint of low/half-fat milk		1½ teaspoon grated nutmeg
	100g/3.5oz cubed butter (+ 1 extra knob)		60g/2oz plain/general all-purpose flour
	100g/3.5oz packet cannelloni		250g/8.8oz frozen spinach (ideally thawed)
	250g/8.8oz soft ricotta cheese		4 tablespoons grated parmesan cheese
	Salt		Pepper