

# Spinach cannelloni with light leek bechamel sauce

COOKING  
LOVERS TRIA



## Consejo del chef

You can store the cannelloni trays in the refrigerator the day before the dinner, or even a few days before and freeze them. Another quick and easy option is to make a lasagna.

## Raciones para 4

1 Onion  
1 Clove of garlic  
**500 gr** Frozen spinach  
**20 gr** Flour  
**50 gr** Pine nuts or other nuts  
**300 ml** Unsweetened soy milk  
**100** Vegan cream cheese (optional)  
**70 gr** Fine textured soy  
**20 gr** Soy sauce  
**15 gr** Agave syrup  
**4 gr** Seasoning mix for skewers  
Salt and pepper  
1 Shallot  
2 Leeks  
**1/2** Fennel bulb  
**500** Unsweetened plant-based milk  
**100** Beer  
**20** Olive oil  
1 Teaspoon of nutmeg  
Pre-cooked cannelloni pasta layers  
Grated vegan cheese

- 1 In a large skillet with oil, fry finely chopped onion and garlic with a pinch of salt.
- 2 Add the frozen spinach and stir. Add flour. Stir again to cook and to avoid sticking.
- 3 Meanwhile, place the textured soy in a bowl and pour boiling water without covering it. Stir to hydrate, but it should not absorb much water because we want a crispy texture. Remove the excess water by pressing the soy with your hands. Set aside.
- 4 Add the soy milk to the spinach and cook over low heat. After a few minutes, combine with the vegan cream cheese to and stir.
- 5 To prepare soy, just fry it in a skillet with oil. Add spices, stir, and when it begins to turn brown, combine with soy and agave. Keep stirring or the agave may burn and cook until all the ingredients are golden brown. Put this mix into the spinach skillet together with the chopped pine nuts and stir again. Set aside to cool.
- 6 For the bechamel, stir fry the shallot and the leeks, fennel, and a pinch of salt. When tender, pour in the beer and, when the alcohol has evaporated, add the milk. Cook over low heat, until everything is tender.
- 7 Add the white pepper and nutmeg. Mash until creamy and lump-free. Add salt if needed and set aside.
- 8 Fill the cannelloni with a piping bag.
- 9 Place two tablespoons of bechamel on the bottom of an oven tray and place the cannelloni over it. Cover the rest with the bechamel and the grated cheese.
- 10 Bake, following the instructions on the pasta package. We recommend covering the tray during the first 25 minutes, and removing it later to grill with the cheese and raise the temperature.
- 11 Serve with fresh ground black pepper and a bit of finely chopped chives.

# Chef's Notes

---

---

---

---

<https://cookinglovers.teka.com/es/receta/canelones-espinacas-bechamel-puerros/>

**COOKING**  
**LOVERS** 