
Ricotta roulade

MAIN DISHES

Preparation time: 10 minutes

Cooking time: none

Makes: 25 roulades, 6 appetizers or 3 main dishes

Ingredients	Amount		Method
	Metric	Imperial	
Macadamia ricotta cheese	180 g	$\frac{3}{4}$ cup	See recipe on page 12
Red pepper	$\frac{1}{4}$	$\frac{1}{4}$	Cut the pepper into 25 very thin strips. With a mandoline, cut zucchini lengthwise into 25 very thin strips. Spread the strips out on a work surface. Place $\frac{1}{2}$ Tbsp. macadamia ricotta cheese at the bottom of each slice. Place a slice of pepper on top of the ricotta so that it sticks out slightly from the end of the slice of zucchini. Place a pinch of sprouts on top. Roll up each slice, starting at the base (the end with the filling on it). Close with a toothpick if necessary. Arrange artistically on the platter. Serve chilled.
Large zucchini	250 g	1	
Alfalfa or clover sprouts	60 g	1 cup	