Stuffed Shell Pasta

Stuffed Shell Pasta with Tomato-Garlic Sauce

Easy 4 Servings 60 min.



Sandra's Stuffed Conchiglioni—a favorite recipe from our ORO di Parma community. And for good reason! Conchiglioni—or conchiglie, as they're called in Italy—can be stuffed with lots of delicious ingredients. And thanks to their shape—which, who would have guessed, resembles a seashell—it's really easy to do. Filled with ricotta, Parmesan, basil, and toasted pine nuts, served over a fantastic tomato-garlic sauce, they taste simply heavenly!

Ingredients

10 fresh basil leaves

2 garlic cloves

1 onion

1 yellow zucchini

6–8 cherry tomatoes

1 red onion

250 g ricotta

2–3 tbsp cream

20 g grated Parmesan*

300 g shell pasta

Pine nuts

rosemary

ORO di Parma 3x concentrated tomato paste

1 can ORO di Parma strained tomatoes

1–2 tsp Worcestershire sauce

1 tbsp sugar

a little olive oil

Salt and freshly ground pepper

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*Certain types of cheese (e.g., Parmesan) are made with animal rennet and are therefore not suitable for vegetarian dishes.

Used products:

Step 1: The Preparation

Chop the fresh basil finely and mix it with the ricotta in a bowl. Finely chop the garlic and dice the onions. Next, slice the yellow zucchini and cut the cherry tomatoes and red onions into pieces. Then, for the cream filling, mix some cream and plenty of Parmesan cheese with the ricotta-basil mixture.

Step 2: The Sauce

Cook the shell pasta in salted water, and at the same time, gently toast the pine nuts in a pan without oil—they shouldn't get too dark. Then heat a little oil in a pan and sauté the zucchini on both sides until lightly browned. Then add the rosemary and sauté it briefly. Remove the zucchini from the pan and set it aside for now. Add oil to a small saucepan, sauté the onions and garlic in it, and stir in ORO di Parma 3x-concentrated tomato paste. Next, add ORO di Parma tomato puree and Worcestershire sauce, and mix everything together well. Season with sugar, salt, and pepper.

Step 3: Stuffed Shell Pasta

Spread the prepared tomato sauce over the bottom of the baking dish and arrange the roasted zucchini slices on top. Using a small spoon, fill the shell pasta with the ricotta cream and sprinkle pine nuts over the top. Next, arrange the stuffed shell pasta on top of the zucchini slices, and top with the tomatoes and red onions. Repeat these steps until all the ingredients are used up. Bake in the oven at 200 °C (convection) for 20–25 minutes. Once that's done, your delicious stuffed shell pasta is ready, and you can enjoy it right away! Buon appetito!





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