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# Jumbo Stuffed Shells with Portuguese Sausage, 'Ulu & Spinach

## Description

Chef Michi created this recipe for a catering client who wanted to emphasize local flavors for guests from the mainland. As a chef, she's trying more and more to incorporate 'Ulu (breadfruit) as this locally grown produce can help us be more food self-sufficient as an island state. The combination of sausage and 'ulu was magical.

Total time: 1 hr Yield: 5 to 6 servings

## Ingredients

10 oz Portuguese sausage (process until crumbly or mince by hand)  
2 cup 'ulu (cooked & mashed)  
1 cup cottage cheese (processed to a smooth paste)  
4 cup fresh spinach (roughly chopped)  
1/2 cup grated Parmesan cheese (plus more for garnish)  
garlic salt (to taste)  
fresh ground black pepper (to taste)  
1 cup shredded cheese  
cooking spray  
16 oz prepared marinara sauce  
16 to 20 jumbo pasta shells (cooked per package directions)  
dried or fresh parsley (for garnish)

Prep Time: 35 min Cooking Time: 25 min Total Time: 1 hr

## Instructions

In a medium size bowl, combine the Portuguese sausage, ulu, processed cottage cheese, chopped spinach, Parmesan cheese, garlic salt, pepper and shredded cheese, fold together until the ingredients are well mixed (don't overmix).

Preheat your oven to 350°. Spray a medium sized rimmed baking dish with cooking spray then drizzle half of the prepared marinara sauce onto the bottom of the dish. Stuff each shell with about a golf ball size portion of the sausage mixture and place the shells in rows, with the shells just touching. When all the shells are stuffed, drizzle the rest of the marinara over them, dust with Parmesan cheese and parsley. Cover loosely with foil and bake for 20 minutes. Remove from oven, take off the foil and bake for another five minutes. Remove from the oven and let rest for five minutes before serving. Enjoy with a side of salad and warm bread for a complete meal.

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