

Autumn Lunch

Pumpkin, Spinach & Ricotta Lasagne

Layered with béchamel, sage and bubbling mozzarella.

*Simple. Seasonal.
Delicious.*



EAT
THE
SEASONS



SERVES
4



PREP TIME
25 mins



COOK TIME
40 mins



TOTAL TIME
1 hr 5 mins

Ingredients

- 600 g pumpkin (butternut or crown prince), peeled and diced
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 200 g fresh spinach (or 400 g frozen, defrosted and drained)
- 250 g ricotta cheese
- 200 g mozzarella, grated
- 75 g Parmesan, grated
- 9–12 lasagne sheets (fresh or dried)
- 3 tbsp fresh sage leaves, chopped (plus extra to serve)
- 500 ml milk
- 50 g unsalted butter
- 50 g plain flour
- Salt, freshly ground black pepper and a pinch of nutmeg

Good to know

Pumpkin is packed with vitamins A and C, making this a nourishing and comforting autumn meal.

Method

- 1 Preheat your oven to 200°C (180°C fan) / 400°F / Gas 6. Toss the pumpkin with 1 tbsp olive oil, salt and pepper. Spread on a baking tray and roast for 20–25 minutes, until tender and lightly caramelised.
- 2 Meanwhile, heat the remaining oil in a large pan. Sauté the onion for 5 minutes, add the garlic and cook for 1 minute more. Stir in the spinach and cook until wilted (or heated through if using frozen). Set aside.
- 3 Alongside, make the béchamel sauce. Melt the butter in a saucepan, stir in the flour and cook for 1 minute. Gradually whisk in the milk, then simmer for 5–7 minutes until thickened. Season with salt, pepper, nutmeg and half the chopped sage.
- 4 In a bowl, combine the roasted pumpkin, spinach and ricotta. Season to taste.
- 5 In a large baking dish, layer pasta sheets with the pumpkin mixture, béchamel sauce and a sprinkle of mozzarella and Parmesan. Repeat layers, finishing with béchamel and the remaining cheeses.
- 6 Bake for 25–30 minutes, until golden and bubbling.
- 7 Rest for 5 minutes, then garnish with extra sage leaves and serve.

Top Tip

For extra flavour, try adding a handful of toasted pine nuts or a drizzle of chilli-infused oil before serving.



GOOD FOOD • BRIGHTER DAYS



Summer Blue

*Seasonal food
happier you* ♥