



UCOOK

Vegetarian Spinach & Ricotta Lasagne

with grated Italian-style hard cheese & fresh oregano


With layers of tender lasagne sheets, creamy ricotta cheese, and fresh spinach, this dish is sure to delight! And don't forget the finishing touches – a generous sprinkle of grated Italian-style hard cheese and a handful of fresh oregano leaves – for a truly scrumptious Vegetarian lasagne experience.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford Old Vine Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

120g	Spinach <i>rinsed & roughly chopped</i>
2	Onions <i>1½ peeled & roughly diced</i>
3	Garlic Cloves <i>peeled & grated</i>
600ml	Tomato Passata
30ml	NOMU Italian Rub
12g	Fresh Oregano <i>rinsed & picked</i>
300g	Ricotta Cheese
150ml	Grated Italian-style Hard Cheese
7,5ml	Nutmeg
225g	Fresh Lasagne Sheets
150ml	Panko Breadcrumbs

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SPINACH Preheat the oven to 200°. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the chopped spinach until wilted, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

2. SAUCE Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 5-6 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the tomato passata, ½ the NOMU rub, and 300ml water. Reduce the heat and simmer until slightly thickened, 3-4 minutes. Remove from the heat. Stir through ½ the picked oregano, a sweetener, and seasoning.

3. RICOTTA FILLING In a bowl, combine the ricotta, ½ the grated cheese, the nutmeg (to taste), the cooked spinach, and seasoning.

4. ASSEMBLE Place a ¼ of the sauce in the bottom of an ovenproof dish. Evenly top with ⅓ of the lasagne sheets, ⅓ of the spinach & ricotta mix, and another ¼ of the sauce. Repeat with the remaining lasagne sheets, spinach mix, and sauce to create two more layers. Sprinkle over the bread crumbs, the remaining NOMU rub, and the remaining grated cheese. Bake in the hot oven until the lasagne is bubbling and the crumb is starting to brown, 12-15 minutes.

5. LASAGNE Serve up a generous helping of the spinach & ricotta lasagne. Sprinkle over the remaining oregano. Dig in, Chef!

Nutritional Information

Per 100g

Energy	536kJ
Energy	128kcal
Protein	6.7g
Carbs	16g
of which sugars	2.7g
Fibre	1.9g
Fat	4.4g
of which saturated	2.2g
Sodium	202mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days