



# QCOOK

## Rustic Chicken Lasagne Bake

with a fresh salad & piquanté peppers

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Suné van Zyl

**Wine Pairing:** Painted Wolf Wines | The Den Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	544kJ	3772kJ
Energy	130kcal	902kcal
Protein	7.6g	52.5g
Carbs	12g	85g
of which sugars	3.3g	23.2g
Fibre	1.6g	11.2g
Fat	5.4g	37.6g
of which saturated	1.7g	11.6g
Sodium	155mg	1071mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Pumpkin Seeds
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
150g	300g	Free-range Chicken Mince
12,5ml	25ml	Spice Blend <i>(10ml [20ml NOMU Moroccan Rub &amp; 2,5ml [5ml] Fennel Seeds)</i>
30ml	60ml	Pesto Princess Chermoula Paste
100g	200g	Cooked Chopped Tomato
4	8	Lasagne Sheets
20ml	40ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
40g	80g	Mozzarella Cheese <i>grate</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Butter  
Tea Towel

**1. CRUNCHY SEEDS** Preheat the oven to 200°C. Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. MMMOROCCAN MINCE** Bring a pot of salted water to the boil. Return the pan to medium heat. Fry the onion until it turns golden, 3-4 minutes. Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the spice blend and the chermoula paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 150ml [300ml] of water. Simmer until thickened, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and season.

**3. PREP STEP** When the pot of salted water is boiling, add the lasagne sheets - 4 sheets at a time. Cook until al dente, 6-8 minutes (shifting occasionally). Remove from the pot and immediately place in a bowl of cold water. Once cooled, drain on a clean tea towel in a single layer. Cut the lasagne layers into thick ribbons and toss through a drizzle of olive oil. Reserve the pasta water.

**4. BEGIN THE BECHAMEL** Place a pot over medium heat with 20g [40g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out until lightly golden, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens. If the béchamel is too thick for your liking, add the reserved pasta water until a saucy consistency. Remove from the heat and season.

**5. LAYER THE LASAGNE** If your pan is not oven-proof, transfer the saucy mince to a baking dish. Dollop ¾ of the béchamel sauce over the mince and mix it slightly, creating a marble effect. Gently mix the lasagne ribbons through the saucy mince. Top with the remaining bechamel sauce and cheese. Bake in the hot oven until the cheese is melted, 10-12 minutes.

**6. SIMPLE SALAD** In a bowl, combine the salad leaves, the peppers, ½ the pumpkin seeds, and a drizzle of olive oil. Season and set aside.

**7. LIP-SMACKING LASAGNA** Dish up a heaped helping of the lasagna alongside the fresh salad. Garnish with the remaining seeds. Tuck in, Chef!