



UCCOOK

Spiced Butternut Lasagne

with pumpkin seeds

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	418kJ	3494kJ
Energy	100kcal	836kcal
Protein	4.3g	35.6g
Carbs	13g	108g
of which sugars	2.9g	24.5g
Fibre	1.8g	15.4g
Fat	3g	25.4g
of which saturated	1.5g	12.4g
Sodium	155mg	1294mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>deseed, peel & ½ cut into thin half-moons</i>
120g	120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
10ml	20ml	NOMU Does Everything
75g	150g	Fresh Lasagne Sheets
1	1	Onion <i>peel & cut into wedges</i>
1	1	Vegetable Stock Sachet
100g	200g	Ricotta Cheese
100ml	200ml	Low Fat UHT Milk
2,5ml	5ml	Dried Oregano
30ml	60ml	Grated Italian-style Hard Cheese
5g	10g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Blender

Tea Towel

1. ROASTED VEG Preheat the oven to 200°C. Bring a pot of water to the boil with a pinch of salt. Spread the butternut, carrot pieces, and onion on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. PARBOIL THE PASTA Once the water is boiling, add 3-4 lasagne sheets. Cook for 1-2 minutes until al dente and still firm. Remove from the pot and immediately put in a bowl of cold water. Once cooled, drain on a clean tea towel in a single layer; don't pile them up, they will stick together. Repeat with the remaining sheets in batches. Reserve the pasta water.

3. MAKE IT SAUCY Dilute ½ [1] of the stock with 100ml [200ml] of the reserved pasta water. Once the veg is finished, transfer ½ of the roasted butternut, carrot, and onion to a blender with the diluted stock and pulse until smooth.

4. CREAMY & CHEESY Place the ricotta into a bowl and whisk it together with the milk, the oregano, 1 egg yolk and ½ of the cheese. Season and set aside.

5. ASSEMBLE Place a ¼ of the butternut sauce in the bottom of a small, deep ovenproof dish. Evenly top with ⅓ of the remaining butternut, ⅓ of the lasagne sheets, ⅓ of the ricotta mix, and another ¼ of the sauce. Repeat with the remaining butternut, lasagne sheets, ricotta mix, and sauce to create two more layers. Sprinkle over the remaining cheese. Bake in the oven until the lasagne is bubbling and the cheese is starting to brown, 10-12 minutes.

6. TOASTED SEEDS 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.

7. A LOVELY LASAGNE Serve up a generous helping of the butternut and ricotta lasagne. Sprinkle over the toasted pumpkin seeds. Dig in, Chef!