



UCOOK

Gorgeous Green Lasagne

with long stem broccoli, ricotta & baby marrow ribbons

A lasagne to trump them all! A fresh summery lasagne layered with fresh lasagne sheets, a green sauce of broccoli, onion, spinach, cream, and baby marrow ribbons. Topped with Italian-style hard cheese, ricotta, and sprinkled with fresh basil. Sided with fresh leaves - a dinner of champions!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

100g	Long Stem Broccoli <i>trimmed</i>
40g	Ricotta
1	Onion <i>½ peeled & roughly diced</i>
40g	Spinach <i>rinsed</i>
100ml	Fresh Cream
1	Lemon <i>½ zested & cut into wedges</i>
40g	Peas <i>roughly mashed</i>
125g	Fresh Lasagne Sheets
100g	Baby Marrow <i>trimmed & peeled into ribbons</i>
25ml	Grated Italian-style Hard Cheese
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. PREP STEP Preheat the oven to 200°C. Remove the tips (the leafy part) from the broccoli. Coat in oil, some seasoning and set aside. Finely slice the stems. Mix the ricotta with 30ml of water until a smooth consistency.

2. GET GOING Place a pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. Add in the sliced broccoli stems, a splash of water and fry for 4-5 minutes until softened, shifting occasionally. In the final minute, stir in ½ the rinsed spinach until wilted. Remove from the heat and stir in the cream, 100ml of water and some lemon zest. Season with salt and pepper. Place in a blender and blend until smooth.

3. ALL TOGETHER Place a ⅓ of the blended veg in the bottom of a small ovenproof dish. Top with ⅓ of the mashed peas and ⅓ of the lasagne sheets. Layer on ⅓ of the baby marrow ribbons. Repeat with the remaining blended veg, peas, lasagne sheets and baby marrow to create two more layers. Spread the loosened ricotta mixture over the top of the lasagne. Sprinkle over the grated cheese and place in the hot oven for 10-12 minutes. In the final 5 minutes, sprinkle the broccoli tips over the lasagne and bake until the lasagne is bubbling and the cheese is starting to brown.

4. ALMOST THERE In a bowl, mix the remaining spinach with a drizzle of olive oil, some seasoning and a squeeze of lemon juice.

5. A FEAST! Serve up a generous helping of the lavish lasagne sprinkled with the chopped mint. Side with the fresh leaves and serve with a lemon wedge. Stunning, Chef!



Chef's Tip

Here's a foolproof method for cleaning your spinach! Submerge in water and let them rest for a few minutes to allow any sand to sink to the bottom. Remove and rinse thoroughly with water.

Nutritional Information

Per 100g

Energy	621kJ
Energy	149Kcal
Protein	5.2g
Carbs	15g
of which sugars	2.1g
Fibre	2.2g
Fat	7.3g
of which saturated	4.2g
Sodium	35mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 2
Days