



UCCOOK

Sophie Germanier's Butternut Lasagne

with pumpkin seeds & fresh oregano

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Sophie Germanier

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	413kJ	3357kJ
Energy	99kcal	803kcal
Protein	4.3g	35.3g
Carbs	13g	104g
of which sugars	2.8g	22.5g
Fibre	1.7g	13.8g
Fat	2.9g	23.4g
of which saturated	1.5g	12.2g
Sodium	67mg	547mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>deseed, peel, ½ cut into bite-sized pieces & ½ cut into thin half-moons</i>
240g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
8g	10g	Fresh Rosemary <i>rinse</i>
2	2	Onions <i>peel & cut into wedges</i>
7,5ml	10ml	Vegetable Stock
300g	400g	Ricotta Cheese
300ml	400ml	Low Fat Fresh Milk
8g	10g	Fresh Oregano <i>rinse, pick & roughly chop</i>
90ml	125ml	Grated Italian-style Hard Cheese
225g	300g	Fresh Lasagne Sheets
15g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s
Blender
Seasoning (salt & pepper)

1. ROSEMARY-ROASTED VEG Boil the kettle. Preheat the oven to 200°C. Spread the butternut half-moons, butternut pieces & carrot pieces, the rosemary and the onion on a roasting tray. Coat in oil 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). Dilute the stock with 60ml [80ml] of hot water.

2. MAKE IT SAUCY Once the veg is finished, remove and set the roasted butternut half-moons aside. Remove and discard the rosemary, then transfer the roasted butternut pieces, carrot and onion to a blender with the diluted stock and pulse until smooth. Season and set aside.

3. CREAMY & CHEESY Place the ricotta into a bowl and whisk it together with the milk, ½ the oregano, 2 egg yolks and ½ of the cheese. Season and set aside.

4. ASSEMBLE Place some of the butternut sauce in the bottom of a small, deep ovenproof dish. Evenly top with the roasted butternut half-moons, the lasagne sheets, the ricotta mix, and more sauce. Repeat with the remaining butternut half-moons, lasagne sheets, ricotta mix, and repeat with the remaining ingredients. Sprinkle over the remaining cheese. Bake in the oven until the lasagne is bubbling and the cheese is starting to brown, 12-15 minutes.

5. 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.

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