



UCCOOK

Sophie Germanier's Butternut Lasagne

with pumpkin seeds & fresh oregano

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
250g	500g	Butternut <i>deseed, peel, ½ cut into bite-sized pieces & ½ cut into thin half-moons</i>
120g	120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
3g	5g	Fresh Rosemary <i>rinse</i>
1	1	Onion <i>peel & cut into wedges</i>
2,5ml	5ml	Vegetable Stock
100g	200g	Ricotta Cheese
100ml	200ml	Low Fat Fresh Milk
3g	5g	Fresh Oregano <i>rinse, pick & roughly chop</i>
30ml	60ml	Grated Italian-style Hard Cheese
75g	150g	Fresh Lasagne Sheets
5g	10g	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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Dilute the stock with 20ml [40ml] 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, 1 egg yolk and ½ of the cheese. Season and set aside.

4. ASSEMBLE Place a ¼ of the butternut sauce in the bottom of a small, deep ovenproof dish. Evenly top with ⅓ of the roasted butternut half-moons, ⅓ of the lasagne sheets, ⅓ of the ricotta mix, and another ¼ of the sauce. Repeat with the remaining butternut half-moons, 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.

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!