



UCOOK

Rustic Harissa Chicken Lasagne Bake

with a fresh salad & piquanté peppers

We're taking a classic Italian dish and infusing it with mouthwatering Moroccan spices for a flavourful fusion dinner. Harissa paste, fennel seeds & NOMU Moroccan Rub make the chicken mince unforgettable, while the al dente lasagne sheets and creamy bechamel make it familiar. Enjoy your new food memory, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

Fan Faves

Strandveld | Shiraz 2021

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Tea Towel
Butter

1. MMMOROCCAN MINCE Preheat the oven to 200°C. Bring a pot of salted water to the boil. Place a pan over medium heat. When hot, fry the diced onion until turning golden, 3-4 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the Moroccan spice and the harissa paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 150ml of water. Simmer until thickening, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and season.

2. PREP STEP When the pot of salted water is boiling, add the lasagne sheets. 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.

3. BEGIN THE BECHAMEL Place a pot over medium heat with 20g 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 saucy consistency. Remove from the heat and season.

4. 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 saucy mince and lightly mix, creating a marble effect. Gently mix the lasagne ribbons through the saucy mince. Top with the remaining bechamel sauce and grated cheese. Bake in the hot oven until the cheese is melted, 10-12 minutes.

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

6. LIP-SMACKING LASAGNA Dish up a heaping helping of the cheesy harissa chicken lasagna alongside the fresh salad. Garnish with the remaining seeds. Tuck in, Chef!



Chef's Tip

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.

Nutritional Information

Per 100g

Energy	566kj
Energy	135kcal
Protein	8.3g
Carbs	13g
of which sugars	3.6g
Fibre	1.6g
Fat	5.5g
of which saturated	1.8g
Sodium	227mg

Allergens

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

Eat
Within
1 Day