



UCOOK

Rosemary Butternut Lasagne

with pumpkin seeds & fresh oregano

Rosemary-roasted butternut, carrots & onions are blended to a lip-smacking sauce. This is layered with a homemade ricotta & Italian-style hard cheese sauce, together with fresh lasagne sheets. Baked until the cheesy top is bubbling, then sprinkled with fresh oregano & toasted seeds.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

250g	Butternut <i>de-seeded, peeled, ½ cut into bite-sized pieces & ½ cut into thin half-moons</i>
120g	Carrot <i>trimmed, peeled & cut into bite-sized pieces</i>
4g	Fresh Rosemary <i>rinsed</i>
1	Onion <i>peeled & cut into wedges</i>
2,5ml	Vegetable Stock
100g	Ricotta Cheese
50ml	Low Fat Fresh Milk
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
15g	Grated Italian-style Hard Cheese
75g	Fresh Lasagne Sheets
5g	Pumpkin Seeds

From Your Kitchen

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

1. ROSEMARY-ROASTED VEG Boil the kettle. Preheat the oven to 200°C. Spread the butternut half-moons, butternut pieces & carrot pieces, the rinsed rosemary and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Dilute the stock with 20ml 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 chopped oregano, 1 egg yolk and ½ of the grated cheese. Season and set aside.

4. ASSEMBLE Place a ¼ of the butternut sauce in the bottom of a small, 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 grated 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!



Chef's Tip

Air fryer method: Coat the butternut & carrot pieces, onion wedges, and rosemary in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	444kj
Energy	106kcal
Protein	4.6g
Carbs	14g
of which sugars	2.6g
Fibre	2.1g
Fat	3g
of which saturated	1.6g
Sodium	70mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days