

Ricotta and Spinach Lasagne

Ingredients

Tomato Mixture:

- 1 tbsp oil
- 1 medium onion
- 1 clove garlic
- 1 aubergine
- 1 pepper
- 1 courgette
- 1 tin chopped tomatoes
- 1 tsp mixed dried herbs

Spinach Mixture:

- 150g washed spinach
 - 1 egg
 - 200g ricotta cheese
 - Black pepper and nutmeg
- ### Béchamel Sauce:
- 25g butter or margarine
 - 25g plain flour
 - 300ml milk
 - 70g cheddar cheese

You will also need:

8 – 10 sheets of dried lasagne pasta, a little extra cheese for the top and a medium oven proof dish or baking tin

Method

1. Pre heat the oven to 180°C
2. Heat the oil in the pan and add the finely chopped onion and crushed garlic and sauté until softened
3. Add the diced aubergine, pepper, courgette, tinned tomatoes and dried herbs
4. Season with salt and pepper and simmer for 20 minutes
5. In a large saucepan, simmer the spinach in 100ml of water for a few minutes until it has softened and wilted, then drain it and squeeze out any water
6. Place the spinach in a food processor with the ricotta and egg and blend until smooth. Season with the black pepper and nutmeg
7. Make the Béchamel sauce by mixing the flour and milk together in a saucepan until smooth, add the butter and place on the heat, stirring continuously until the sauce thickens
8. Take the sauce off the heat and add the grated cheddar
9. In the oven proof dish, place half the tomato mixture and top with some lasagne sheets
10. Next add the spinach mixture topped with more lasagne sheets
11. Place the rest of the tomato sauce on top and then the remaining pasta sheets
12. Pour the Béchamel sauce on top and add a little extra grated cheese
13. Cook in the oven for 30 – 40 minutes until golden and bubbly
14. Serve warm with a green salad or vegetables

