

Fresh Lasagne with Roasted Pumpkin & Spinach



Preparation time: 140 mins

Serves: 6 people

User Rating: ★★★★★

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Ingredients

Pasta Dough

- 3 cups (450g) '00' flour, plus extra for dusting
- 1 tsp salt
- 4 eggs (60g each)
- 1 egg yolk

2 tsp olive oil

Roasted Pumpkin

1.3kg Kent pumpkin, seeds removed and peeled

3 tbsp olive oil

2 tbsp chopped fresh sage

2 tsp garlic salt

Spinach and ricotta filling

2 x 250g packets (500g) frozen spinach, thawed

3 cloves garlic, crushed

375g smooth ricotta

200g feta, crumbled

Béchamel

50g butter, diced

⅓ cup (50g) plain flour

3 cups (750ml) milk

1 teaspoon salt

1½ cup (180g) grated cheddar cheese

Method

Pasta Dough

1. Spoon flour and salt onto a clean work surface in a circular mound. Make a deep well in the centre.
2. Crack eggs, egg yolk into the flour and drizzle in oil. With a fork, whisk eggs dragging the flour from the sides. Continue in until all the flour has been incorporated and dough forms a sticky shaggy dough.
3. Using floured hands, knead the dough together, bringing any flour from the bench to form a firm but sticky dough.
4. Sprinkle a little more flour on the bench and knead the pasta by pushing down and forward. Continue for 5-10 minutes or until the dough is silky smooth, elastic and springs back when pressed with a finger. Flatten the dough into a disk and wrap with plastic wrap. Rest for 30-60 minutes at room temperature.

Lasagne Sheets

1. Once the dough has finished resting, cut into 4 portions and cover with a tea towel to keep moist. Take out one portion and cut this into two.
2. Dust kitchen bench with flour. Using a rolling pin, roll out dough into approx. 45cm long strips. With each roll, lift the dough up, re-dust, and flip it over. Pasta should be strong enough to be lifted off the countertop but thin enough for you to see the outline of your hand through it.
3. Trim ends and cut rolled pasta sheets into sections to fit the size of your lasagne dish. Place onto a floured tray. Repeat with remaining pasta dough portions. Allow lasagne sheets to dry for around 15 minutes before using.

Roasted pumpkin

1. Preheat oven 200°C/180°C (fan-forced) and line a large baking tray with baking paper.
2. Cut pumpkin into 1-1 ½ cm thick wedges and place onto prepared trays. Combine oil, sage and garlic salt. Brush over the pumpkin. Bake 20 minutes or until golden and cooked through. Set aside.

Spinach & Ricotta Filling

1. Squeeze excess liquid from spinach and mix with garlic, ricotta and feta. Set aside.

Béchamel

1. Melt butter in a saucepan over medium heat. Slowly add the flour, stirring until combined
2. Add milk and whisk constantly until the sauce is well combined. Cook and continue to whisk for another 5 minutes until the sauce is thick and glossy. Stir through ½ cup of the cheese and season to taste.

To assemble

1. Spoon a 1 cup of the béchamel over the base of a large (3 litre capacity) lasagne dish. Place a layer of lasagne sheets over the top of the béchamel.
2. Divide spinach mixture into two and spoon in one portion, spreading evenly. Cover with a second layer of lasagne sheets.
3. Arrange half the roasted pumpkin over the top and cover this with another layer of lasagne sheets. Repeat the spinach and pumpkin layers again.
4. Finish with a layer of lasagne sheets. Spoon over béchamel and sprinkle with remaining cheese. Bake 50-55 minutes or until pasta is tender and top is golden. Stand 10 minutes before cutting. Serve with fresh salad or steamed greens.

Notes

- Pasta dough, spinach, pumpkin and béchamel can all be made a day ahead.
- Lasagne sheets are easier to use when they have dried out a little. Lay pasta sheets on lightly dusted work surface for 10-15 minutes before cutting and trimming.
- Substitute with any type of ricotta and feta.
- Any leftover lasagne can be frozen. Portion and place into an airtight container. Freeze for up to two months.
- Cut and trim pasta sheets to fit your lasagne dish and freeze by placing into a container between layers of baking paper to keep sheets separate.
- Egg whites can be frozen for up to two months. Defrost in refrigerator and use as normal. Store in refrigerator for two weeks

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
505g	3230kJ 772kcal	33.6g	40g	19.9g	63.8g	15.8g	1850mg	9g

All nutrition values are per serve.