

PUMPKIN AND SPINACH LASAGNE

HEALTHY
PICK



Serves 4-6



Prep Time 20 minutes



Cook Time 40 minutes



INGREDIENTS

- 1 Tbsp olive oil
- 750 g pumpkin, peeled and cut in 1-2cm dice
- 1 onion, sliced
- 1 cup cottage cheese
- 1 eggs

METHOD

1. Preheat oven to 180°C. Heat a dash of oil in a large non-stick frying pan, cook pumpkin and onion until golden and tender. Season with freshly ground black pepper.
2. Combine cottage cheese with egg and thyme. Mix well. In a separate bowl, combine **Wattie's Chunky Tomato and Roasted Garlic Pasta Sauce** with water, mix well.

- 1 Tbsp freshly chopped thyme or 1 tsp dried thyme
- 400 g can **Wattie's Chunky Tomato and Roasted Garlic Pasta Sauce**
- 350 g bag **Wattie's frozen Free-flow Chopped Spinach**
- 1 cup grated mozzarella or Edam cheese
- ½ x 400 g pack fresh lasagne sheets
- ½ cup cold water

3. To assemble, cut 3 sheets lasagne to fit a lasagne-style dish (2-litre capacity). Spoon a quarter of the pasta sauce into the base and place one sheet lasagne on top. Cover with half of the cooked pumpkin mix and half of the **Wattie's frozen Free-flow Chopped Spinach**. Spoon over a quarter more pasta sauce and spread with half of the cottage cheese mixture, sprinkle with 1/4 cup mozzarella. Repeat the layers, finishing with a lasagne sheet. Spoon over remaining pasta sauce and sprinkle with 1/2 cup grated mozzarella.

4. Cook for 35-40 minutes or until golden and the pasta is tender.

Note: If using dried pasta sheets add an extra 1/2 cup water and cook for an extra 10 minutes.

TIPS

If using dried pasta sheets add an extra 1/2 cup water and cook for an extra 10 minutes.