

Spinach, Mushroom and Onion Lasagne

Spinach is really good for you but if you are not keen on the taste, then this recipe is brilliant as the spinach is 'hidden' within layers of pasta and tomato and mushroom sauce.



Egg, milk and wheat (gluten)*

Nutritional information per portion (327g):

Energy	Fat	Saturates	Sugars	Salt
758kJ 179kcal 9%	4.5g 6%	1.8g 9%	5.7g 6%	0.47g 8%

of an adult's reference intake.
Typical values per 100g: energy 232kJ/55kcal.

Equipment

Weighing scales
Clean, damp cloth
Colander
Sharp knife
Chopping board
Garlic crusher
Saucepan x 2
Wooden spoon x 2
Measuring spoons
Grater
Measuring jug
Ovenproof dish

Ingredients

Serves 4
50g fresh spinach
200g mushrooms
1 medium onion
1 clove garlic
1 x 5ml spoon dried oregano OR 10g fresh oregano
1 x 5ml spoon olive oil
1 x 400g can chopped tomatoes
Black pepper (optional)
50g reduced-fat Cheddar cheese
1 x 5ml spoon plain flour
100ml semi-skimmed milk
6–8 dried lasagne sheets

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- It is easier if your ovenproof dish is square or rectangular, but if you are using a round one, you might need to snap the lasagne sheets so they fit.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash the spinach. Wipe the mushrooms with a clean damp cloth.
3. Peel and finely chop the onion. Peel and crush the garlic clove. Finely slice the mushrooms and finely chop the oregano if using fresh.
4. Heat the oil in one of the saucepans and add the crushed garlic, chopped onion and sliced mushrooms. Cook for 5 minutes, stirring all the time.
5. Add the chopped tomatoes, black pepper to taste (if using) and herbs. Cook for 15 minutes. Stir regularly.
6. Whilst the tomato and mushroom sauce is cooking, make the cheese sauce. Grate the cheese. Place the flour into the second saucepan and stir in a little milk (about 1 x 15ml spoon) until you have a smooth paste. Pour in the rest of the milk and stir well.
7. Place the saucepan onto the hob on a high heat, stirring the sauce all the time. It will start to thicken, so keep stirring to avoid lumps. When you have a thick, smooth white sauce, take off the heat and stir in the grated cheese until it melts.
8. When the tomato and mushroom sauce and the cheese sauce are both ready, you can layer the lasagne into the ovenproof dish. First, put a thin layer of tomato and mushroom sauce in the bottom, then a layer of spinach (about a handful), then a layer of lasagne sheets and repeat. Finish with a sheet of lasagne and top with the cheese sauce.
9. Bake in the oven for 45 minutes until the cheese sauce has started to brown. Check the pasta is cooked by inserting a knife into the lasagne, if it slides in easily, it's ready.

Something to try next time

- Save 10-20g of grated cheese to sprinkle on top before baking.
- Try other vegetables in your tomato sauce such as chopped courgette, celery or carrot.

Prepare now, eat later

- Prepare the lasagne up to 24 hours ahead and chill. The lasagne sheets will soften in the fridge.
- Cool any leftovers quickly, chill for up to 24 hours and reheat, only once, until piping hot.

Skills used include:

Weighing, measuring, chopping, crushing, grating, mixing/combining, boiling/simmering, frying and baking.

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