



## Boxing Day Festive Roast Pumpkin and Cheese Lasagne - Lasagna

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 400 g canned tomatoes chopped canned
- 800 g canned tomatoes chopped canned
- 250 g cheddar cheese grated
- 225 g cream cheese with garlic and herbs
- 3 large eggs organic
- 600 g lasagna sheets fresh
- 3 garlic clove minced peeled

- 225 g goat cheese fresh soft
- 2 balls mozzarella cheese
- 10 servings grating nutmeg fresh good
- 2 tablespoons olive oil
- 2 onion peeled finely chopped
- 10 servings pepper good
- 125 g pinenuts toasted
- 2.3 kg pumpkin peeled deseeded cut into 3cm rough cubes
- 500 g ricotta cheese
- 8 sage
- 10 servings pepper black freshly ground
- 10 servings salt and pepper
- 1 tablespoon salt
- 2 tablespoons sugar
- 30 g butter unsalted
- 5 ml wine
- 60 ml water
- 500 ml water

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- casserole dish
- spatula

## Directions

- Preheat the oven to 200C/180C fan/400F/gas 6, slipping in a baking sheet as you do. To make the pumpkin filling: heat the oil and butter in a shallow casserole dish or roasting tin and fry the sage leaves over a gentle heat for about 2 minutes.
- Add the chopped onion and minced garlic to the pan and fry very gently for another 10 minutes or so.
- Add the pumpkin pieces, turn well in the oniony oil and then add the vermouth (or wine), the water and chopped tomatoes. Roast in a pre-heated oven for 30 to 45 minutes, stirring occasionally. Taste for seasoning I tend to add quite a bit of salt here and leave to cool. For the tomato sauce: simply pour the chopped tomatoes and water into a large jug or bowl, and stir in the sugar, salt and pepper, whisking it all together. To make up the cheese layer: in a separate bowl beat the goats cheese, cream cheese, Cheddar and ricotta with the eggs, nutmeg, and salt and pepper to taste. To assemble the lasagne, begin by putting 500ml of the cold tomato sauce in the bottom of a roasting tin (measuring approx 36cm x 26cm x 6cm). Then layer with a third of the lasagne sheets, overlapping them well. Leave the rest of the tomato sauce aside for the time being.
- Layer a third of the pumpkin filling over the lasagne, and dollop on a third of the cheese mixture, coaxing with a rubber spatula. It won't cover completely; think more of spreading blobs about. Then start again with a layer of lasagne, followed by pumpkin, then the cheese. Repeat once more lasagne, pumpkin, and the last of the cheese mixture.
- Pour the remaining cold tomato sauce over, letting it sink down and be absorbed in the layers. Slice and chop the mozzarella balls and dot over the top. Cook in the oven, on the baking sheet, for 1 hour. Once cooked, take out of the oven and let it stand for 15–30 minutes to make cutting and serving easier. (I love this when it's been standing for an hour or so, too.) As you cut and slice, you will notice a shallow tomatoey cheesy pool at the bottom of the tin; bread dunked into this is gorgeous.
- Sprinkle the toasted pine nuts over the lasagne, and cut into squares to serve. **MAKE AHEAD TIP** Up to 2 days ahead, make the pumpkin filling, leave to cool and keep, covered, in the fridge. Make the cheese layer and keep, covered, in the fridge. When ready to use, assemble the lasagne and cook as directed. **FREEZE AHEAD TIP** Cook, cool and freeze the cooked pumpkin for up to 1 week. Thaw overnight in the fridge. When ready to use, assemble the lasagne and cook as directed.

## Nutrition Facts

**PROTEIN 15.94%**

**FAT 50.72%**

**CARBS 33.34%**

## Properties

Glycemic Index:53.21, Glycemic Load:15.73, Inflammation Score:-10, Nutrition Score:39.953478460727%

## Flavonoids

Luteolin: 3.68mg, Luteolin: 3.68mg, Luteolin: 3.68mg, Luteolin: 3.68mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 780.13kcal (39.01%), Fat: 45.44g (69.9%), Saturated Fat: 20.7g (129.39%), Carbohydrates: 67.21g (22.4%), Net Carbohydrates: 62.48g (22.72%), Sugar: 17.17g (19.08%), Cholesterol: 189.78mg (63.26%), Sodium: 1454.07mg (63.22%), Alcohol: 0.05g (100%), Alcohol %: 0.01% (100%), Protein: 32.12g (64.24%), Vitamin A: 20612.65IU (412.25%), Manganese: 2.1mg (104.87%), Phosphorus: 625.81mg (62.58%), Vitamin B2: 1.03mg (60.34%), Copper: 1.15mg (57.43%), Vitamin B1: 0.73mg (48.74%), Folate: 190.35µg (47.59%), Calcium: 456.55mg (45.66%), Potassium: 1473.64mg (42.1%), Vitamin E: 6.17mg (41.1%), Vitamin C: 33.36mg (40.43%), Iron: 7.18mg (39.88%), Magnesium: 136.87mg (34.22%), Selenium: 23.34µg (33.34%), Zinc: 4.7mg (31.36%), Vitamin B3: 5.63mg (28.15%), Vitamin B6: 0.56mg (27.98%), Vitamin B5: 2.12mg (21.24%), Vitamin K: 19.98µg (19.03%), Fiber: 4.73g (18.92%), Vitamin B12: 0.86µg (14.27%), Vitamin D: 0.69µg (4.57%)