



Fresh lasagne with pesto

READY IN



105 min.

SERVINGS



6

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.2 l milk
- ☐ 100 g butter cut into pieces
- ☐ 100 g flour plain
- ☐ 1 pinch nutmeg freshly grated
- ☐ 500 g baby spinach leaves
- ☐ 250 g lasagne sheets – is best fresh
- ☐ 3 tbsp pesto
- ☐ 1 handful basil leaves good (supermarket pack)
- ☐ 175 g parmesan fresh grated (or vegetarian alternative)

- ☐ 300 g mozzarella cheese
- ☐ 500 g cherry tomato on the vine whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ colander

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C.
- ☐ Put the milk, butter and flour in a medium pan and cook over a medium heat, whisking until thickened and smooth. Simmer for 1 minute. Take off the heat, season and add the nutmeg. Cool, stirring occasionally to stop a skin forming.
- ☐ Put the spinach in a large heatproof bowl, pour over a kettle of boiling water and leave for 30 seconds.
- ☐ Drain into a colander, cool under the cold tap then squeeze it well to remove the excess liquid.
- ☐ Spread a spoonful or two of the sauce on the bottom of a large ovenproof dish (about 30x20cm) and lay a third of the lasagne on top. Spoon over a third of the sauce and spread it out. Swirl a spoonful of pesto through the sauce with a knife and scatter over half the spinach with a third of the tomatoes, a few basil leaves and a third of the cheeses. Season with salt and pepper.
- ☐ Layer another third of the lasagne with a third of the sauce, a spoonful of pesto, the rest of the spinach, a third of the tomatoes and cheeses and some basil. Season.
- ☐ Finish with a layer of lasagne, the last of the sauce, pesto, cheeses and the tomatoes, including those on the vine.
- ☐ Bake for 35–40 minutes until golden. Scatter with the last of the basil leaves and serve.

Nutrition Facts



 **PROTEIN 20.23%**  **FAT 51.2%**  **CARBS 28.57%**

Properties

Glycemic Index:64.83, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:42.852608846582%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 752.4kcal (37.62%), Fat: 43.2g (66.46%), Saturated Fat: 24.52g (153.23%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 51.23g (18.63%), Sugar: 13.44g (14.93%), Cholesterol: 150.94mg (50.31%), Sodium: 1122.63mg (48.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.41g (76.82%), Vitamin K: 409.7µg (390.19%), Vitamin A: 9726.65IU (194.53%), Calcium: 968.93mg (96.89%), Phosphorus: 742.37mg (74.24%), Folate: 282.73µg (70.68%), Manganese: 1.21mg (60.72%), Vitamin B2: 0.97mg (57.06%), Vitamin C: 42.48mg (51.49%), Vitamin B12: 2.76µg (46.02%), Vitamin B1: 0.66mg (44.2%), Selenium: 26.05µg (37.22%), Magnesium: 144.6mg (36.15%), Potassium: 1118.88mg (31.97%), Iron: 5.52mg (30.64%), Zinc: 4.31mg (28.75%), Vitamin B6: 0.45mg (22.33%), Vitamin B3: 3.79mg (18.93%), Vitamin E: 2.82mg (18.8%), Vitamin D: 2.61µg (17.43%), Copper: 0.31mg (15.49%), Vitamin B5: 1.45mg (14.49%), Fiber: 3.03g (12.11%)