



Lazy Lasagna with Lamb Ragu, Spinach and Ricotta

READY IN



170 min.

SERVINGS



6

CALORIES



1092 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 1 carrots grated peeled finely chopped
- ☐ 2 cups chicken stock see
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups ricotta cheese fresh
- ☐ 4 large cloves garlic grated finely chopped

- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 pounds lamb
- ☐ 1 pound wavy edge lasagna noodles
- ☐ 2.5 cups milk
- ☐ 6 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 1 tablespoon oregano dried fresh finely chopped
- ☐ 1 cup parmigiano-reggiano cheese shredded freshly grated
- ☐ 2 sprigs rosemary leaves picked finely chopped
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 20 ounce pkt spinach organic drained chopped
- ☐ 0.3 cup tomato paste
- ☐ 0.3 cup a handful generous chopped

Equipment

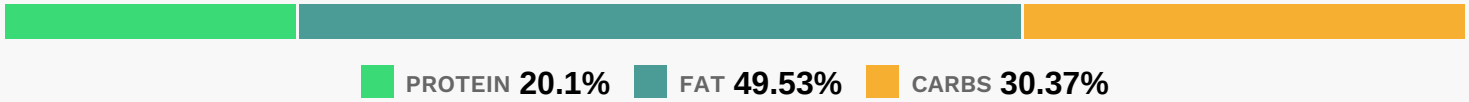
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 2 tablespoons extra-virgin olive oil in a Dutch oven over medium-high heat. When the oil smokes, pat the ground lamb dry and add to pan, brown to caramelize the meat, season with rosemary, marjoram, cloves, salt, and pepper. Once the meat has browned, add the onion, carrot, garlic and cook to soften 10 minutes more, stirring frequently. Stir in tomato paste, cook 1 minute or until fragrant. Stir in stock then wine, reduce heat to low and gently simmer.

- ☐ In salted boiling water, undercook the pasta by 2 minutes from package directions. Reserve a cup of starchy pasta liquid.
- ☐ Meanwhile, heat the butter in a saucepot over medium heat, whisk in 2 tablespoons flour, 1 to 2 minutes, whisk in the milk and simmer to thicken. Season the bechamel sauce with salt, pepper, and nutmeg, to taste.
- ☐ Drain the pasta and add back to the pasta pot. Toss the pasta with the lamb ragu and some of the reserved starchy cooking water to loosen.
- ☐ Pour the pasta into a large casserole. Scatter the spinach around on top of pasta.
- ☐ Combine the ricotta with mint and/or parsley, dot the pasta with ricotta evenly around the casserole.
- ☐ Pour the bechamel sauce in even layer around the casserole and top with grated cheese. Cool and store for make-ahead meal. Reheat in 350 degree F oven, covered, for 30 minutes then raise the heat to 425 degrees F and bake uncovered, until brown and bubbly, 15 to 20 minutes.
- ☐ To serve immediately, transfer the casserole to a preheated 425 degree F oven and bake about 15 to 20 minutes, to brown.

Nutrition Facts



Properties

Glycemic Index:115.97, Glycemic Load:29.37, Inflammation Score:-10, Nutrition Score:51.331304508707%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 1092.42kcal (54.62%), Fat: 58.59g (90.14%), Saturated Fat: 28.38g (177.38%), Carbohydrates: 80.84g (26.95%), Net Carbohydrates: 74.22g (26.99%), Sugar: 12.56g (13.96%), Cholesterol: 165.92mg (55.31%), Sodium:

973.29mg (42.32%), Alcohol: 4.12g (100%), Alcohol %: 0.78% (100%), Protein: 53.5g (106.99%), Vitamin K: 515.15µg (490.62%), Vitamin A: 11795.87IU (235.92%), Selenium: 91.49µg (130.7%), Manganese: 1.97mg (98.68%), Phosphorus: 777.82mg (77.78%), Calcium: 667.22mg (66.72%), Folate: 251.88µg (62.97%), Vitamin B12: 3.66µg (61.02%), Vitamin B2: 0.95mg (55.66%), Vitamin B3: 11mg (54.99%), Zinc: 7.7mg (51.33%), Magnesium: 191.2mg (47.8%), Potassium: 1533.15mg (43.8%), Vitamin C: 35.11mg (42.56%), Iron: 7.17mg (39.85%), Vitamin B6: 0.72mg (36.11%), Copper: 0.62mg (30.93%), Vitamin B1: 0.43mg (28.5%), Vitamin E: 4mg (26.64%), Fiber: 6.63g (26.5%), Vitamin B5: 1.89mg (18.91%), Vitamin D: 1.48µg (9.87%)