



## Squash, ricotta & sage pasta bake

READY IN



80 min.

SERVINGS



6

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 baby squash chopped
- ☐ 2 tbsp olive oil
- ☐ 200 ml crème fraîche
- ☐ 50 g parmesan finely grated
- ☐ 250 g ricotta cheese
- ☐ 1 small bunch sage whole chopped
- ☐ 12 sheets lasagne pasta sheets fresh

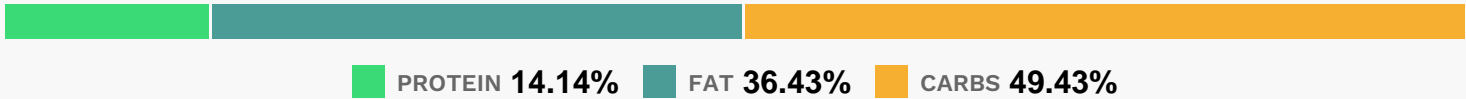
### Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Heat the oven to 220C/fan 200C/gas
- ☐ Toss the squash together with the olive oil in a roasting tin. Roast the squash for 30 mins until soft and golden. While the squash is roasting, mix the crme frache with half the Parmesan, then set aside.
- ☐ When squash is ready, leave to cool slightly, then peel the skin away from the flesh. In a separate bowl, beat the ricotta with the chopped sage and remaining Parmesan and fold through the squash with some seasoning, trying not to break it up too much.
- ☐ Assemble the bake by spreading a little of the crme frache mix over a gratin dish. Then lay some of the lasagne sheets over and splodge some of the ricotta and squash mix over the pasta with more crme frache. Use all the ricotta mix to fill the bake, but make sure you keep some crme frache for the top. Finally, spread the crme frache over the top layer of lasagne, then scatter with the whole sage leaves. The bake can now be frozen; defrost thoroughly before cooking.
- ☐ Bake for 25 mins until bubbling and golden, then serve cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:17.22, Inflammation Score:-10, Nutrition Score:25.723912925824%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 477.05kcal (23.85%), Fat: 19.57g (30.11%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 55.34g (20.12%), Sugar: 5.53g (6.14%), Cholesterol: 46.04mg (15.35%), Sodium: 187.08mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.17%), Vitamin A: 13739.88IU (274.8%), Copper: 5.39mg (269.7%), Selenium: 45.13µg (64.48%), Manganese: 0.94mg (47.1%), Vitamin C: 26.54mg (32.17%), Calcium: 300.54mg (30.05%), Phosphorus: 296.01mg (29.6%), Magnesium: 86.55mg (21.64%), Potassium: 664.06mg (18.97%), Vitamin E: 2.72mg (18.14%), Fiber: 4.41g (17.65%), Vitamin B6: 0.31mg (15.54%),

Vitamin B2: 0.22mg (13.18%), Vitamin B1: 0.2mg (13.04%), Folate: 51.36µg (12.84%), Vitamin B3: 2.55mg (12.74%),  
Zinc: 1.83mg (12.19%), Iron: 2.07mg (11.49%), Vitamin B5: 0.98mg (9.77%), Vitamin B12: 0.31µg (5.16%), Vitamin K:  
5.33µg (5.07%)