



Wild mushroom lasagne with a parmesan cream

READY IN



230 min.

SERVINGS



6

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 600 g mushrooms wild
- ☐ 50 g butter unsalted for frying
- ☐ 50 g flour
- ☐ 500 ml milk
- ☐ 2 egg yolk
- ☐ 25 g gruyere cheese grated
- ☐ 25 g sheets cheddar cheese fresh grated

- ☐ 9 large sheets bigoli pasta fresh cooked (12 x 20cm)
- ☐ 200 ml double cream
- ☐ 100 g butter
- ☐ 50 g parmesan grated
- ☐ 6 servings milk
- ☐ 3 pasilla peppers mixed peeled deseeded thinly sliced
- ☐ 6 servings olive oil for frying

Equipment

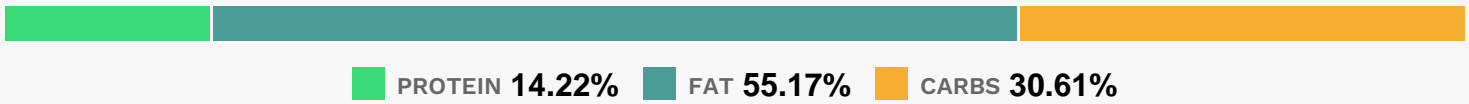
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat the olive oil in a large pan and fry the mushrooms for a few mins until lightly browned.
- ☐ Drain, return to the pan with the knob of butter, toss through, then season and set aside.
- ☐ Melt 50g butter in a small pan until foaming, add the flour, stirring well, and cook for 1 min. Stir in the milk and cook for about 4 mins, stirring continuously, until thickened.
- ☐ Whisk in the egg yolks and heat until bubbling.
- ☐ Remove from heat, stir in gruyere and cheddar, season, then fold through the mushrooms.
- ☐ To assemble, line a terrine or loaf tin (about 12 x 20cm) with cling film.
- ☐ Place a sheet of cooked pasta onto the base and spread over half of the mushroom mix.
- ☐ Add another sheet of pasta, pressing down firmly, before spreading remaining mushroom mix on top and covering with the last sheet of pasta. Cover with cling film, directly onto the pasta, and sit something flat on top to weigh down. Chill for at least 2 hrs or overnight.
- ☐ For the parmesan cream, bring the cream and butter to the boil, then remove from the heat and whisk in the parmesan. Cover with cling film and chill. If it gets too thick, thin with a bit of milk.

- ☐ For the confit peppers, put the pepper slices into a deep pan and add just enough olive oil to cover and a pinch of salt. Cook gently on a low heat for about 20 mins until soft, then drain.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tip the lasagne out onto a board, remove the cling film and cut into 6 slices. Space portions out on a baking tray, drizzle 1 tbsp of parmesan cream over each and bake for 12–20 mins until hot.
- ☐ Serve with another drizzle of parmesan cream, the confit peppers and a salad.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:11.46, Inflammation Score:-9, Nutrition Score:34.819565648618%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 820.67kcal (41.03%), Fat: 51.14g (78.68%), Saturated Fat: 27.81g (173.83%), Carbohydrates: 63.83g (21.28%), Net Carbohydrates: 61.6g (22.4%), Sugar: 20.42g (22.69%), Cholesterol: 242.11mg (80.7%), Sodium: 458.6mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.33%), Vitamin B2: 1.35mg (79.43%), Phosphorus: 692.21mg (69.22%), Calcium: 630.01mg (63%), Vitamin C: 50.14mg (60.77%), Vitamin B1: 0.83mg (55.63%), Vitamin B12: 2.43µg (40.49%), Folate: 161.61µg (40.4%), Vitamin A: 1968.2IU (39.36%), Selenium: 26.6µg (38%), Vitamin B5: 3.52mg (35.24%), Vitamin B3: 6.9mg (34.52%), Vitamin D: 4.81µg (32.04%), Potassium: 1095.82mg (31.31%), Vitamin B6: 0.55mg (27.4%), Manganese: 0.54mg (27.04%), Copper: 0.53mg (26.51%), Zinc: 3.56mg (23.71%), Magnesium: 94.66mg (23.67%), Iron: 3.51mg (19.51%), Vitamin E: 2.09mg (13.93%), Vitamin K: 11.26µg (10.72%), Fiber: 2.24g (8.95%)