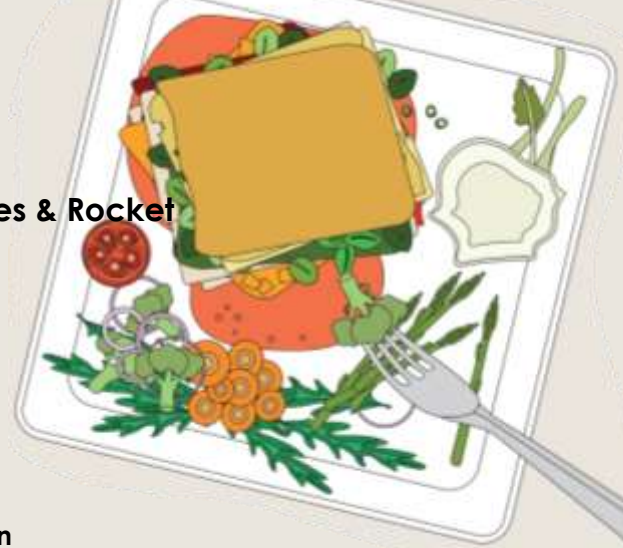


Pumpkin & Spinach Lasagne with Mixed Vegetables & Rocket

Serves 4

Approximate preparation time: 60-90 minutes



Quantity	Ingredients	Preparation
Squash and Spinach Lasagne		
7 g	fresh basil	<p>Remove the spinach from the freezer and thaw in a sieve, then squeeze out excess liquid. Finely chop the garlic and basil, peel the squash and cut into small cubes. Sauté garlic, pumpkin and spinach in rapeseed oil. Season with the juice from the half lemon, and salt.</p> <p>Heat half of the milk for the béchamel sauce. Stir the corn starch into the remaining cold milk and then mix with the warm milk. Cook for 1-2 minutes, stirring constantly to prevent lumps from forming. Then season to taste (e.g. salt, pepper and/or nutmeg). Choose a suitable lasagne dish (if necessary, oil a little). Layer alternately with lasagne sheets and the squash-spinach filling. Pour the béchamel sauce over the last layer and then add the mozzarella. Bake the lasagne in a preheated fan oven at 180-200° C for about 45-60 minutes.</p>
300 g	squash (e.g. muscat)	
2.5 dl	milk	
160 g	frozen spinach	
4 g	salt	
150 g	Lasagne sheets	
45 g	mozzarella	
1 tsp	spices	
1 tbsp	corn flour	
45 g	Appenzeller cheese	
3	cloves of garlic	
1/2	lemon	
5 tbsp	rapeseed oil	
Tomato sauce		
3 pinches	salt	<p>Roughly chop the tomatoes, garlic and onion. Sauté the garlic and onion in rapeseed oil with the tomato puree, add the tomatoes and sauté for another 5 minutes over a medium heat. If necessary, deglaze with red wine, season (+bay leaf) and simmer gently for 30 minutes.</p>
30 g	tomato puree	
1/2	clove of garlic	
3 pinches	pepper	
100 g	tomatoes	
1 tbsp	butter	
1/2	onion (small)	
1	bay leaf	
Mixed vegetables		
1 tsp	butter	<p>Prepare asparagus, carrot, broccoli, kohlrabi and cut as desired. Blanch the asparagus and broccoli, sauté the mixed vegetables, carrot and kohlrabi in butter. Garnish with rocket.</p>
40 g	asparagus	
1/2	carrot	
40 g	broccoli	
40 g	kohlrabi	
1 g	salt	
1 tbsp	water	
100 g	mixed vegetables	
160 g	rocket	

Fun fact:

Lasagne freezes well – so make more than you need for later.