

## Tricolour Lasagne

### Ingredients

1 medium butternut squash

100g of spinach

1 teaspoon of salt and ½ teaspoon of black pepper

1-2 medium onions

Pinch of sugar

1 packet of Loprofin or Promin lasagne sheets

¼ teaspoon of nutmeg

1 jar of white lasagne sauce e.g. Dolmio or Ragu\*

1 slice of Low protein bread (made into breadcrumbs)

Olive oil for frying

Optional: Quavers\*, crushed or Vbites Foods cheese\* or Violife Cheese to cover over

\* check protein content on label

Oven temperature: 200°C/400°F/Gas Mark 6

### Method

1. Peel the butternut squash, slice in half and scoop out the seeds. Cut into 1 inch chunks.
2. Toss the butternut squash with 1 tablespoon of olive oil, salt and pepper. Spread the butternut squash on a baking tray and roast for 35-45 minutes, turning once or twice, until it is browned and fork tender.
3. Remove from the oven and turn the oven temperature down to 175°C/350°F/Gas Mark 3.
4. Fry the onions in a small amount of oil on a high heat.
5. Add the pinch of sugar and reduce the saucepan to a medium or low heat. Continue cooking the onions until they become very soft and golden brown, stirring occasionally, for 15 minutes.
6. Wilt the spinach in a warm dry saucepan over a very low heat for 1-2 minutes.
7. Mash or process the butternut squash until smooth. Add the nutmeg.
8. Layer the butternut squash mixture, spinach, onions, lasagne sheets and white sauce alternatively in an ovenproof dish.
9. Finish with a layer of low protein lasagne sheets and white sauce.
10. Cover with low protein breadcrumbs. Crushed Quavers\* or Redwood Company cheeses\* or Violife Cheese can be added.
11. Cover with aluminium foil and bake in the oven for 30 minutes.
12. Remove the foil and bake for a further 15 minutes.
13. Allow the lasagne to rest before serving.