

Butternut Squash Lasagne with Caramelised Onions

Ingredients

1 medium butternut squash

1 teaspoon sea salt

½ teaspoon black pepper

25g butter

2 tablespoon olive oil

1-2 medium onions, sliced

Pinch of sugar

1 packet of Loprofin Lasagne

¼ teaspoon nutmeg

1 jar of white lasagne sauce – check protein content on label

Breadcrumbs made from Loprofin Sliced Loaf or Rolls

1 packet of Quavers, crushed – check protein content on label

Preheat oven: 200°C/400°F/Gas Mark 6

Method

1. Peel the butternut squash, slice in half, and scoop out the seeds. Cut into 1" chunks.
2. Toss the butternut squash with 1 tablespoon olive oil, salt and black pepper.
3. Spread out on a baking tray and roast for 35-45 minutes, turning once or twice, until butternut squash is browned and fork-tender. Remove from oven and turn the oven temperature down to 175°C/ 350°F/Gas Mark 4.
4. Fry the onions in the butter on a high heat.
5. Add the pinch of sugar and reduce heat to a medium-low heat. Continue cooking onions until they become very soft and golden brown, stirring occasionally, for about 15-20 minutes. Set aside.
6. Mash or process the butternut squash until smooth. Add the nutmeg.
7. Layer the lasagne, white sauce, butternut squash mixture and onions alternatively.
8. Finish with a layer of lasagne and white sauce.
9. Cover with low protein breadcrumbs and Quavers.
10. Cover with aluminium foil and bake for 30 minutes. Remove the foil and bake for another 15 minutes. Allow the lasagne to rest a little before serving.