

Pumpkin & Zucchini 'No Pasta' Lasagne



Ballarat Health Services

Ingredients

600g butternut pumpkin, unpeeled, thinly sliced
Olive oil cooking spray
2 large zucchini, peeled into ribbons
1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
3 garlic cloves, crushed
250g lean beef mince
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/3 cup sundried tomatoes (not in oil), roughly chopped
410g can crushed tomatoes
1 cup dried red lentils, rinsed, drained
2 tablespoons finely chopped fresh oregano leaves
250g tub smooth low-fat ricotta
1 egg, lightly beaten
1/2 cup finely grated parmesan
1/4 cup natural seed mix with pine nuts, toasted



Method

Step 1 Preheat oven to 200C/180C fan-forced. Line 2 large baking trays with baking paper.

Step 2 Place pumpkin, in a single layer, on trays. Spray with oil. Roast for 10 minutes or until just tender. Transfer to a plate. Place zucchini, in a single layer, on trays. Spray with oil. Roast for 5 minutes or until just tender.

Step 3 Meanwhile, heat oil in a large, heavybased saucepan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until onion has softened. Add garlic. Cook for 1 minute or until fragrant. Add mince. Cook, breaking up lumps with a wooden spoon, for 6 minutes or until browned. Add cinnamon, allspice, sundried and crushed tomatoes, lentils and 2 1/2 cups water. Bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 10 minutes. Uncover. Cook for a further 10 minutes or until lentils are tender and mixture is thick. Remove from heat. Stir in oregano.

Step 4 Combine ricotta, egg and 1/2 the parmesan in a bowl. Season with salt and pepper.

Step 5 Grease a 6cm-deep, 21cm x 26.5cm (top), 8-cup-capacity baking dish. Spoon 2 cups mince mixture over base of pan. Spread with 1/2 the ricotta mixture. Top with 1/2 the pumpkin and 1/2 the zucchini. Top with remaining mince mixture, ricotta mixture, pumpkin and zucchini. Sprinkle with remaining parmesan. Season with salt and pepper. Cover with baking paper, followed by foil. Bake for 20 minutes. Remove foil and baking paper. Bake for a further 10 to 15 minutes or until golden. Stand for 10 minutes. Serve sprinkled with seed mix.

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