

**FOOD'S  
NOT  
RUBBISH**

**PREP AND  
COOK TIME**



**2hrs  
TOTAL**

## ROAST PUMPKIN LASAGNE

**This creamy, cheesy pumpkin lasagne is the ultimate in comfort food. It's perfect for using up Halloween pumpkins!**

### INGREDIENTS

- |  |   |
|--|---|
| <input type="checkbox"/> 75ml Olive Oil  | <input type="checkbox"/> Salt and black pepper              |
| <input type="checkbox"/> 500g pumpkin flesh, diced<br>(the more fibrous flesh from<br>around the seeds can be home<br>composted or popped into your<br>food waste caddy) | <input type="checkbox"/> Fresh rosemary                     |
| <input type="checkbox"/> Pinch of cayenne  | <input type="checkbox"/> 225g ricotta cheese                |
| <input type="checkbox"/> Pinch of Spanish smoked paprika   | <input type="checkbox"/> 250g fresh lasagne (or use dried)  |
| <input type="checkbox"/> Pinch of freshly grated nutmeg  | <input type="checkbox"/> 35g freshly grated Parmesan cheese |
|  | <input type="checkbox"/> 50g Guernsey butter                |
|  | <input type="checkbox"/> 50g flour                          |
|  | <input type="checkbox"/> 350ml milk                         |

# ROAST PUMPKIN LASAGNE

## METHOD

### Filling

1. Heat the olive oil in a roasting dish, add the pumpkin flesh and season with the cayenne, paprika, nutmeg and a little salt and freshly ground black pepper. Add the fresh rosemary, place into a pre heated oven set at gas mark 6/200C/400F and cook for an hour until the flesh is tender.
2. Add the ricotta cheese and mix through, remove from the heat and leave to infuse.

## FREEZE YOUR CHEESE!

If you are buying a big block of hard cheese to make the most of a store bargain, grate it first and freeze to use later. This is good for cheese on toast, on top of baked beans or in an omelette.

Save the end of your hard cheese (like parmesan), including the rind, for enriching soups and sauces. Simply remove before serving.

Leftover /stale, hard cheese can be grated into mash or used over pasta dishes or chilli.

### White sauce

Make a white sauce by melting the butter, adding the flour and mixing together. Cook gently over a low heat and slowly add the milk, stirring to ensure that the sauce is smooth. Season.

### Assemble

Cover the base of an ovenproof dish with a little of the sauce, add a layer of the lasagne and top with the pumpkin mixture. Repeat with another layer of each and top with the parmesan cheese. Bake in the oven for about 10 minutes until the top is golden brown.



### Suitable for freezing

**Bake first, then freeze.** You can either bake the lasagne first, allow to cool then cut into portions, place in freezer safe containers and freeze. Or, you can bake and freeze the entire pan. Defrost and bake at gas mark 4/180°/356F for 30 – 45 minutes or until heated through.

**Freeze then bake.** Simply assemble the lasagne, then double wrap in plastic wrap and foil and freeze for up to 3 months. Once ready, defrost and bake according to the recipe instructions.

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