



Spinach, Mushroom and Onion Lasagne

Spinach is really good for you but if you are not keen on the taste, then this recipe is brilliant as the spinach is 'hidden' within layers of pasta and tomato and mushroom sauce. Invite friends or family to tuck in, turn off the telly and have a chat.

Nutritional information per portion (330g):

calories	fat	saturates	sugars	salt
177.5	4.5g 6%	1.7g 9%	5.6g 6%	0.4g 7%

of an adult's guideline daily amount



Dairy and wheat/gluten

Equipment

Weighing scales
Clean, damp cloth
Colander
Sharp knife
Chopping board
Garlic crusher
Saucepan x 2
Wooden spoon x 2
Measuring spoons
Grater
Measuring jug
Ovenproof dish

Ingredients

Serves 4
50g (about 2–3 handfuls) fresh spinach
200g mushrooms
1 medium onion
1 clove garlic
1 x 400g can chopped tomatoes
1 x 5ml spoon dried oregano OR 10g (about a handful) fresh oregano
Black pepper (optional)
100ml semi-skimmed milk
50g reduced-fat Cheddar cheese
1 x 5ml spoon plain flour
6–8 dried lasagne sheets
1 x 5ml spoon olive oil



Top Tip

- It is easier if your ovenproof dish is square or rectangular, but if you are using a round one, you might need to snap the lasagne sheets so they fit.





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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash the spinach. Wipe the mushrooms with a clean damp cloth.
3. Peel and finely chop the onion. Peel and crush the garlic clove. Finely slice the mushrooms and finely chop the oregano if using fresh.
4. Place the oil into one of the saucepans and place on the hob on a high heat. Add the crushed garlic, chopped onion and sliced mushrooms. Cook for 5 minutes, stirring all the time.
5. Add the chopped tomatoes, black pepper to taste (if using) and herbs. Cook for 15 minutes. Stir regularly.
6. Whilst the tomato and mushroom sauce is cooking, make the cheese sauce. Grate the cheese. Place the flour into the second saucepan and stir in a little milk (about 1 x 15ml spoon) until you have a smooth paste. Pour in the rest of the milk and stir well.
7. Place the saucepan onto the hob on a high heat, stirring the sauce all the time. It will start to thicken, so keep stirring to avoid lumps. When you have a thick, smooth white sauce, take off the heat and stir in the grated cheese until it melts.
8. When the tomato and mushroom sauce and the cheese sauce are both ready, you can layer the lasagne into the ovenproof dish. First, put a thin layer of tomato and mushroom sauce in the bottom, then a layer of spinach (about a handful), then a layer of lasagne sheets and repeat. Finish with a sheet of lasagne and top with the cheese sauce.
9. Bake in the oven for 45 minutes until the cheese sauce has started to brown. Check the pasta is cooked by inserting a knife into the lasagne, if it slides in easily, it's ready.

Something to try next time

- Save 10–20g grated cheese to sprinkle on top when cooked.
- Try other vegetables in your tomato sauce such as chopped courgette, celery or carrot.

