

Chicken and Vegetable Lasagne Recipe

Prep:30 mins

Cook:1 hr and 35 mins

Serves: 6

Ingredients

- 190g pesto
- 1 bag of grated mozzarella cheese, drained and torn into small chunks
- 14-15 dried lasagne sheets
- 20g parmesan, finely grated
- basil leaves and a green salad, to serve (optional)

For the chicken & veg sauce

- 150g spinach, roughly chopped
- 200g mushrooms, finely sliced
- 1 red pepper, cut into small chunks
- 1 courgette, sliced and quartered
- 2 tbsp olive oil
- 500g chicken or turkey mince
- 1 large onion, finely chopped
- 4 garlic cloves, crushed
- 1 tsp dried mixed herbs
- 2 x 400g cans chopped tomatoes
- 1 tbsp ketchup

For the white sauce

- 100g butter
- 80g flour
- 800ml milk

Method

1. To make the chicken or turkey & veg sauce, heat the oil in a large saucepan over a medium heat and tip in the chicken mince. Cook until golden then set aside. Tip the onions, mushrooms, peppers and courgettes into the pan and fry for 5 mins. Add the garlic and herbs. Tip the chicken back in, along with the tomatoes and ketchup. Season and bring to a simmer. Cook for 10mins then set aside.
2. Meanwhile, make the white sauce. Put everything in a saucepan with some seasoning, then bring to a simmer, whisking continuously. Simmer for 5 mins, still whisking until smooth and thick, then remove from the heat. *If not assembling the lasagne straightaway, cover and set aside to cool before chilling. Will keep covered and chilled for two days.*
3. Spread a thin layer of the chicken or turkey & veg sauce in an ovenproof baking dish (ours was 20 x 30cm), drizzle with some of the white sauce and dot over a third of the pesto using a teaspoon. Scatter with a third of the mozzarella, then add a layer of four or five lasagne sheets (you may need to break one of the sheets to fill the gaps), then repeat the layers twice, finishing with a thick layer of the white sauce. Scatter the parmesan over the top. *Will keep chilled for a day or frozen for three months. Leave to cool first. Defrost in the fridge overnight before cooking.*
4. Heat the oven to 200C/180C fan/gas 6. Cook for 30-35 mins until browned and crisp around the edges. Leave to stand for 10 mins. Scatter with the basil leaves, grind over some black pepper, then cut into squares. Serve with a crisp green salad, if you like.