

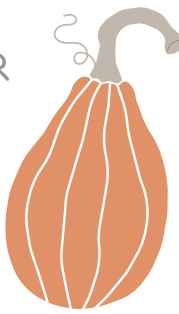


# SQUASH, SPINACH AND COTTAGE CHEESE LASAGNE

## INGREDIENTS:

1 LARGE SQUASH  
1 TEASPOON GROUND  
CORIANDER  
4 CLOVES GARLIC  
1 RED CHILLI  
2 TABLESPOONS BALSAMIC  
VINEGAR  
2 TINS OF PLUM TOMATOES

200G SPINACH  
60G PARMESAN CHEESE  
250G LASAGNE SHEETS  
400G COTTAGE CHEESE  
100ML MILK  
1 TABLESPOON SUNFLOWER  
SEEDS



## RECIPE:

1. PREHEAT OVEN TO 180'C

2. HALF AND DESEED SQUASH, SLICE INTO STRIPS AND COAT IN OIL BEFORE PLACING ONTO ROASTING TRAYS. SEASON WITH CORIANDER, SALT AND PEPPER AND PUT IN OVEN FOR 50 MINUTES.

3. PEEL AND SLICE THE GARLIC AND CHILLI AND PLACE INTO A LARGE PAN WITH A DRIZZLE OF OIL. COOK UNTIL LIGHTLY GOLDEN THEN ADD BALSAMIC AND TINNED TOMATOES AND A CUP OF WATER. SIMMER FOR 15 MINUTES.

4. TO LAYER: SPREAD A LAYER OF TOMATO SAUCE, COVER WITH RAW SPINACH LEAVES, A LAYER OF SQUASH, A GRATING OF PARMESAN AND A LAYER OF LASAGNE SHEETS. REPEAT UNTIL THE DISH IS FULL THE SPOON THE COTTAGE CHEESE OVER THE TOP, GRATE THE REMAINING PARMESAN AND SCATTER OVER THE SUNFLOWER SEEDS. BAKE FOR 45 MINS AND SERVE.



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