Roast Pumpkin, Mushroom and Silverbeet Lasagne

4 Servings

Prep: 2 – 24 hours
Cook: 3 – 5 mins

INGREDIENTS

1 1/4 tbsp butter
1 1/4 tbsp plain flour
1 cup milk
1 tsp onion powder
1 tsp garlic powder
2 tsp stock powder
3 tbsp nutritional yeast
1 tbsp Belicious Italiana Herb Mix
1 red onion
1/2 a small pumpkin
Tin crushed tomatoes
10 button mushrooms
1 bunch silverbeet
1 lasagne sheets
Baby Cherry/Roma/Grape tomatoes
4 large tomatoes

DECORATION|ACCOMPANIMENT

Enjoy with salad

LET'S GET COOKING!

1. Cut pumpkin into large chunks, sprinkle with salt, pepper and olive oil and bake on 170c until cooked through and slightly crispy/charred on the edges.
2. Cut veggies and set aside for later; dice onion, slice mushrooms, roughly chop silverbeet & crush and chop large tomatoes.
3. White Sauce : Melt butter in a pan over medium heat. Add plain flour to create a roux. Slowly add milk 1/2 cup at a time while stirring. (For a vegan alternative use almond milk & Nuttelex!)
4. Add onion & garlic powder, stock powder, nutrional yeast and Belicious Foods Italiana mix. Stir until combined.
5. Fry a diced red onion with sliced mushrooms. Mash the pumpkin using a fork.
6. Grease a baking tray with a little olive oil. Spread a layer of pumpkin over the base. Then layer:
   - crushed tinned tomatoes, onion, mushrooms, silverbeet
   -lasagne sheets
   -white sauce
   -pumpkin
   Finishing with another layer of white sauce.

Sprinkle nutritional yeast on top and dot some halved baby tomatoes. Bake at 200 for around 40 minutes

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