

Dr Joanna McMillan

Appliance: Philips Pasta and Noodle Maker Recipe: Spinach Wholegrain Lasagne Sheets

Ingredients

250g (1 cup) wholegrain durum wheat flour 1 egg 35g spinach

Method

Fit the 1.2mm lasagne sheet disc to the pasta maker.

In a high powdered blender blitz the spinach with ¼ cup of water.

Put the flour into the pasta maker (it will weigh the flour for you) and replace the lid.

In the measuring jug whisk the egg and add the pureed spinach to make the amount up to 100ml.

Press start on the machine and slowly add the liquid through the lid until all combined.

Once the pasta sheets emerge use the cutting tool to cut to the approximate size of sheet that will fit your lasagne baking dish. Flatten the sheets and lay out on a dishcloth until all the pasta is made.

The sheets can be used immediately or cover them and store in the fridge for 4-5 days.

Recipe: Chargrilled Veggie Lasagne

Ingredients

300g spinach wholegrain lasagne sheets ¼ Kent pumpkin, skin removed & sliced 1 red capsicum, cored and quartered 1 green capsicum, cored and quartered 1 eggplant, sliced lengthways 2 zucchini, sliced lengthways 2 tb extra virgin olive oil 1 tb balsamic vinegar Salt flakes & fresh black pepper 250g packet light cream cheese 250g carton cottage cheese 1 can borlotti beans, drained and rinsed 1 jar passata 250g mozzarella, grated ½ bunch fresh basil



Method

Preheat the oven to 180°C.

Place the sliced pumpkin and capsicum on a baking tray and the eggplant and zucchini on a plate or board. In a small bowl mix the extra virgin olive oil and vinegar. Brush the veggies with the oil and vinegar mixture and season with salt and pepper.

Roast the pumpkin and capsicum in the oven for 10 minutes. Turn, baste with oil and vinegar on the other side and roast for a further 10 minutes.

Meanwhile heat a chargrill plate and cook the eggplant and zucchini for 2 minutes on each side or until nicely browned.

(Alternatively, you can chargrill all the veggies on the BBQ grill.)

While the veggies are cooking bring a large saucepan of water to boil and add the fresh lasagne sheets 2 or 3 at a time, depending on the size of your pan. Cook for 2 minutes, remove from the pan with a slotted spoon or small sieve and place on a clean tea towel while you cook par-cook the remaining sheets.

In a bowl combine the cottage and light cream cheese along with a good grind of fresh black pepper.

Drain and rinse the borlotti beans.

Now you are ready to assemble your lasagne. Pour a little passata to cover the bottom of your baking dish. Then layer the eggplant slices and scatter with fresh basil leaves and a good grind of black pepper.

Drizzle with a little more passata and then layer over lasagne sheets, cutting the sheets to fit rather than overlapping. Layer the pumpkin slices and follow with the cottage and light cream cheese mixture. Scatter again with basil leaves, a second layer of lasagne sheets and drizzle with passata and more black pepper.

Layer with the zucchini slices, the borlotti beans, basil leaves and a final layer of lasagne sheets. Finnish with the passata, roast capsicum and scatter with the mozzarella cheese.

Bake in the oven for 30 minutes or until golden brown.