



PUMPKIN, FENNEL AND GREENS LASAGNE

Season:	Autumn, Winter
From the garden:	Pumpkin, fennel, kale, spinach, fresh herbs
Type:	Dinner
Difficulty:	Moderate
Country of origin:	Italy
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *bowls and spoon
- *saucepan
- *whisk
- *measuring cup and spoons
- *frying pan
- *grater
- *baking dish
- *potato masher

Ingredients

- *around 4 cups roasted pumpkin
- *2 small fennel bulbs
- *a few handful of kale or/and spinach
- *ready-made lasagne sheets
- *1 ½ cups milk (cow or plant)
- *2 tbsp flour
- *2 tbsp butter or margarine
- *bunch of fresh herbs
- *1 cup of grated cheese
- *1 tsp mustard
- *½ cup sunflower or pumpkin seeds (optional)
- *salt and pepper to season
- *oil for frying

Method

- 1.preheat oven to 200 degrees
- 2.put the roasted pumpkin into a bowl and mash with a potato masher, season with salt and pepper
- 3.wash the greens and the herbs
- 4.slice the fennel finely and fry with a little bit of oil until softened
- 5.tear the greens into pieces and remove any tough stalks
- 6.chop the herbs finely
- 7.start the cheese sauce by melting the margarine in a saucepan
- 8.add the flour, mix and cook for a minute on a low heat
- 9.slowly add the milk while whisking constantly until you have a smooth sauce
- 10.add half of the grated cheese and the mustard to the white sauce
- 11.season with salt and pepper and add the chopped herbs
- 12.spread some of the mashed pumpkin into a baking dish
- 13.drizzel some of the cheese sauce over the top (if the sauce is too thick, add a bit more milk)
- 14.lay some of the greens and cooked fennel on top of the sauce
- 15.top with a layer of lasagne sheets
- 16.repeat, till everything is used up. Make the cheese sauce the last layer
- 17.sprinkel the remaining cheese and seeds on top and put lasagne into the oven
- 18.bake for around 25-30 min. until golden brown
- 19.take the lasagne out of the oven and let it stand for at least 10 minutes before cutting it up

Notes: You can use gluten free lasagne sheets, plant milk and dairy free cheese to make a gluten and dairy free version.

Skills: *measuring, chopping, mashing*