

VEGETARIAN LASAGNE WITH RICOTTA AND SPINACH

INGREDIENTS

1 onion
2 cloves of garlic
3 tablespoons of olive oil
400 g canned tomatoes
500 g spinach
20 g flat parsley
85 g grated cheese
250 g ricotta
300 g lasagne sheets

PREPARATION

- Preheat the oven to 175 ° C.
- Finely dice the onions and garlic. Heat the oil in a pan and fry the onions and the garlic until translucent. Add the chunky tomatoes and simmer the sauce over low heat for 20 minutes. Season with salt and pepper.
- Wash the spinach thoroughly. Remove thick stems. Sauté in a saucepan with a little water. Stir constantly so that the leaves are cooked evenly. This takes about 4 to 6 minutes. Drain the spinach completely using a sieve (tip: add a little milk or cream so that the metallic taste is lost).
- Finely chop the parsley and mix with the ricotta and half of the grated cheese. Season with salt and pepper.
- Place a layer of lasagne sheets in a greased baking dish. Cover with a third of the tomato sauce. Place a layer of lasagne sheets on top. Now spread on half of the spinach. Then again place a layer of lasagne sheets and spread the ricotta mix on top. Repeat the layers, finishing with tomato sauce. Sprinkle the rest of the grated cheese on top and bake for about 30 minutes. Delicious!

The dish contains vitamins C and E as well as the carotenoids lutein and zeaxanthin.



A recipe recommendation from
CHARMANT
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