



# Creamy Courgette Lasagne

## Ingredients

- 9 dried lasagne sheets
- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 700g courgettes (about 6), coarsely grated
- 2 garlic cloves, crushed
- 250g ricotta cheese
- 50g mature cheddar cheese, grated
- 350g jar tomato pasta sauce
- Salt & pepper, to taste

## Instructions

### 1. Preheat & Prep the Pasta

Preheat your oven to 220°C / 200°C fan / Gas 7.

Bring a large pan of water to the boil. Cook the lasagne sheets for about 5 minutes, just until softened (they should not be fully cooked). Drain, rinse with cold water, and drizzle lightly with oil to prevent sticking.

### 2. Cook the Courgette Filling

In a large frying pan, heat the sunflower oil over medium heat. Add the chopped onion and sauté for 3 minutes until softened.

Stir in the grated courgettes and garlic. Cook for 5–7 minutes, or until the courgettes are soft and bright green.

Remove from heat and mix in two-thirds of the ricotta and cheddar. Season with salt and pepper to taste.

### 3. Heat the Tomato Sauce

Warm the jarred tomato sauce in the microwave or on the stove until hot.

### 4. Assemble the Lasagne

In a large baking dish, layer the ingredients as follows:

- Half the courgette mixture
  - Lasagne sheets
  - Tomato sauce
- Repeat the layers once more.

Top with spoonfuls of the remaining ricotta and a sprinkle of the leftover cheddar.

## **5. Bake**

Bake on the top shelf of the oven for 10–15 minutes, or until the cheese is golden and bubbling, and the pasta is tender.

## **Nutrition Facts**

- Calories: 355 kcal
- Protein: 16g
- Carbohydrates: 38g
  - Sugars: 8g
  - Fiber: 5g
- Total Fat: 16g
  - Saturated Fat: 6g
- Cholesterol: 30mg
- Sodium: 420mg
- Calcium: 230mg (≈23% DV)
- Iron: 2.4mg (≈13% DV)
- Potassium: 620mg