

Chicken and Pumpkin Lasagne

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This deliciously different lasagne combines the creamy sweetness of pumpkin with fresh chicken, pesto and pine nuts to make a tasty Mediterranean inspired lasagne. It's lower in fat than a traditional lasagne, too.

Ingredients:

9 lasagne sheets
450g cooked chicken breasts
200g pumpkin puree
300-400ml milk
100g plain flour
200g green pesto, jarred or homemade
100g pine kernels
200g grated mozzarella cheese
1 tbsp. olive oil
1 tbsp. butter
Salt and pepper

Directions:

1. Combine the pumpkin puree with the flour in a saucepan and cook for three or four minutes until thickened. Gradually add the milk, little by little, stirring constantly. Once you have a thick, creamy sauce, stop adding milk and take off the heat. Season well with salt and pepper and set to one side.
2. Flake the chicken breasts with your fingers and then heat the oil and butter in a frying pan. Fry the chicken in the pan until golden, then stir in the pesto and the pine kernels.
3. Spoon 1/3 of the chicken mixture over the bottom of a lasagne tin. Top with 3 pasta sheets and then 1/3 of the pumpkin sauce, then repeat twice, finishing with pumpkin sauce on the top. Sprinkle with mozzarella cheese.
4. Bake in a 200C for 30-40 minutes until golden and bubbling.

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