

Asparagus & Petits Pois Pea Lasagne



Recipe By FoodieBook

Ref: 227

Heading: Pasta

Cuisine: Italian

Food Type: Vegetarian

No of Portions: 4

Ingredients & Prep

320 g Petits Pois peas or garden peas frozen

300 g Asparagus woody part removed

12 Lasagne sheets

Sauce

300 g Petits Pois peas or garden peas frozen

175 ml Whole milk

50 ml Double cream

20 g Fresh basil chopped

3 Garlic cloves grated or finely chopped

1/2 Lemon zest only

1 Vegetable stock cube or gel pot

4 Spring onions sliced finely

1/2 tsp Black pepper freshly ground

Topping

500 g Cream cheese

30 g Parmesan cheese grated

1 Egg free range

2 pinch Nutmeg

sprinkle Black pepper freshly ground

Method

Step 1 - Make the sauce by adding peas, milk, garlic & veg stock cube in a pan, bring to the boil then take off the heat, add lemon zest, spring onion, basil & black pepper, stir then blitz with either a stick/hand blender or normal blender until smooth.

Step 2 - While sauce still hot add the other peas & stir into the sauce whole.

Step 3 - Pre-heat oven to 160°C, then mix in a bowl cream cheese, egg & nutmeg together to form a sauce.

Step 4 - Take an ovenproof baking dish & pour half the sauce over the bottom of the dish, then place a layer of lasagne over the top, then the other of sauce, the another layer of lasagne, then carefully pour over cream cheese mixture without disturbing lasagne sheets.

Step 5 - Lay over the top the asparagus spears allowing to sink slightly into the topping, sprinkle over Parmesan cheese & black pepper.

Step 6 - Bake in the oven for an 1 hour or so until light brown on top.

Suggestion & Tips

You can use different herbs, &/or vegetable compos. Nice with a nice green salad & crusty bread.