



Lasagna with Basil Pesto

25'

Hands on

30'

Cook Time

8

Portion(s)

2

Difficulty



Method

For the béchamel sauce

- Heat the milk in a pot.
- Melt the butter in another pot.
- Add the flour to the melted butter and sauté.
- Add the milk in small batches while whisking continuously so that no lumps form in the mixture.
- When all of the milk has been added, cook until the béchamel sauce thickens.
- When ready, remove from heat and add salt, pepper and ground nutmeg.

For the basil pesto

- Add all of the ingredients for the basil pesto, apart from the parmesan, in a blender. Puree.
- Add the parmesan (or combination of parmesan and mizythra) at the end while still beating.
- Try some and adjust according to taste.

For the lasagna

- Preheat the oven to 180* C (350* F) Fan.
- Grease a 25x35 baking pan with butter.
- Spread 2-3 spoonfuls of béchamel sauce on the bottom of the pan, using the back side of a spoon.
- Place a layer of lasagna sheets over it, one next to the other. Cut them if necessary, so they can fit perfectly in the baking pan.
- Spread about ½ cup of béchamel sauce over them.
- Spread 4 tablespoons of the basil pesto on top.
- Sprinkle with 2 tablespoons of grated parmesan.
- Repeat the same process until you have added all of the ingredients. Cover the last layer of lasagna sheets with bechamel sauce, basil pesto and grated parmesan.
- Bake for about 30 minutes, until the surface is golden and the lasagna are cooked through.

Ingredients

For béchamel sauce

- 600 g milk, whole
- 30 g butter
- 30 g all-purpose flour
- salt
- pepper
- pinch of ground nutmeg

For basil pesto

- 125 ml olive oil
- 120 g basil leaves
- 30 g pine nuts, lightly toasted
- 2 cloves of garlic
- 80 g grated parmesan, or a mixture of parmesan and mizythra (fresh cheese)
- pepper
- some salt

For lasagna

- 300 g no-boil lasagna sheets
- some butter, for the baking pan
- 100 g grated parmesan

Διατροφικός πίνακας

Nutrition information per portion

481 Calories (kcal)	31.5 Total Fat (g)	10.5 Saturated Fat (g)	32.2 Total Carbs (g)
24%	45%	53%	12%
4.9 Sugars (g)	16.0 Protein (g)	2.2 Fibre (g)	0.59 Sodium (g)
5%	32%	9%	10%

- When ready, remove from oven. Set aside for 5 minutes before cutting into pieces.
- Sprinkle with grated parmesan and drizzle with some olive oil. Serve.