

This comforting meal is surprisingly simple, and very seasonal



Roast Pumpkin Lasagne

By Kevin Woodford

Ingredients:

75ml olive oil
500g pumpkin flesh, diced
Pinch of cayenne
Pinch of Spanish smoked paprika
Pinch of freshly grated nutmeg
Salt
black pepper
Fresh rosemary
225g ricotta cheese
50g butter
50g flour
350ml milk
250g fresh raw lasagne
35g freshly grated Parmesan cheese

Method:

1. Heat the olive oil in a roasting dish, add the pumpkin flesh and season with the cayenne, paprika, nutmeg and a little salt and freshly ground black pepper. Add the fresh rosemary, place into a pre heated oven set at gas mark 6/200°C/400°F and cook for an hour until the flesh is tender.
2. Add the ricotta cheese and mix through, remove from the heat and leave to infuse.
3. Make a white sauce by melting the butter, adding the flour and mixing together. Cook gently over a low heat and slowly add the milk, stirring to ensure that the sauce is smooth. Season.
4. Cover the base of an ovenproof dish with a little of the sauce, add a layer of the lasagne and top with the pumpkin mixture. Repeat with another layer of each and top with the parmesan cheese.
5. Bake in the oven for about 10 minutes until the top is golden brown.





Every year in the UK we throw away £12.5 billion worth of good food, costing the average family £60 a month. The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

Halloween and Bonfire night top tips



Making lanterns this year? Why not make our pumpkin and coriander soup or a pumpkin tart with the leftover flesh. Or, freeze it for use at a later date. Don't forget to compost the shell.

A fun way to use up apples in danger of not being eaten is to make toffee apples, the kids will love them. Dip into two melted tablespoons of sugar.

Preparing trays of warming autumn lasagne or shepherd's pie, and batches of bolognese or spicy chilli, is a great way to feed a crowd with something hearty. Any leftovers can be put into airtight boxes or freezer bags and frozen to make a welcome homemade "ready meal" for use at later date.

If cooking rice for chilli one full mug is enough uncooked rice to feed four people.

Not sure how much pasta to boil? Use a spaghetti measure or use scales to weigh out the packet's guideline portion size. A good guide is two handfuls of dried pasta per adult.

Wrap jacket potatoes in foil and cook in the fire on bonfire night. If you've got any leftover spuds why not make quick fried potatoes for breakfast by dicing them and sautéing in a bit of olive oil or butter.

Turn any overripe autumn fruit into sumptuous warming fruit crumbles.

For hints and more recipes go to:
www.lovefoodhatewaste.com

