

Rachel's Kitchen

Recipe of the Month

Chicken and Butternut Squash Lasagne with Garlic and Basil Pesto

Ingredients:

4 free range chicken breasts
12 Lasagne sheets
1 butternut squash
1 small courgette
1 pack chestnut mushrooms
200g green beans
2 red peppers

For the béchamel sauce:

425ml milk
40g butter
20g plain flour
Pinch of ground nutmeg

200g broccoli florets
1 tin sweetcorn
200g cauliflower florets
2 tins good quality chopped plum tomatoes
1 pack fresh basil
2 large cloves garlic
1 large onion

Method:

Preheat the oven to 180°C. Peel the squash and chop into smallish cubes. Dice the courgette and slice the mushrooms. Top and tail the green beans and cut into 3. Core and chop the peppers Chop the chicken breasts into bite-size pieces and fry in olive oil in a large pan until they begin to take on a golden brown colour. Chop the onion finely, add to the pan and fry until softened. Add all of the remaining vegetables to the pan and fry for a further 3 minutes. In a small food processor, blitz together the basil leaves and garlic with a little extra virgin olive oil and lemon juice to make a paste. Stir the basil paste through the chicken and vegetables with the tinned tomatoes and sweetcorn. Leave to simmer while you make a béchamel sauce. Melt the butter in a pan and stir in the flour. Combine well and allow to cook out for a minute before slowly adding the milk, stirring all the time. Finish with a handful of cheese if you like. Layer the lasagne sheets and filling in a large oven proof dish and finish by topping with the béchamel sauce. Cook in the oven for 40 minutes. Serve with a lovely crisp salad.

• 5 of your 5 a day! Packed with a rainbow of vegetables which provide a variety of vitamins and minerals! Chicken is provides lean protein essential for healthy growth!-

Rachel says: 'If you are cooking this for grownups you can add pine nuts and parmesan to the pesto for a more sophisticated flavour and sprinkle with parmesan before cooking in the oven.'

