**Hey Ma**

**Here is the lentil and pumpkin lasagna recipe that I was talking about**

**Love**

**Joss**

**Lentil and Smashed Pumpkin Lasagna**

1 tin brown lentils

1 brown onion

2 cans chopped tomatoes

1 cup vegetable stock

1 cinnamon stick

1 tbsp cumin seeds

1 tbsp chilli flakes

½ tsp minced garlic

½ butternut pumpkin

2 tbsp olive oil

500g low fat ricotta cheese

150g feta

Small bunch basil

Fresh lasagna sheets

* Preheat oven to 160**°**.
* Finely dice the onion. Chop pumpkin into bite sized pieces.
* Heat 1tbsp olive oil in a deep fry pan over medium heat and gently sauté the onions until soft. Add the lentils and spices and sauté for further 5 minutes or until spices become fragrant. Add the tomatoes and stock and bring to a gentle simmer, stirring occasionally, for 30min or until most of liquid has absorbed. Remove the cinnamon stick and season well.
* Place pumpkin on a baking tray, pour over 1tbsp olive oil and roast in oven for 30minutes or until soft. Roughly mash the pumpkin with a fork on the tray so you get a mixture of mash and pieces.
* Mix the ricotta and 100g of feta together in a bowl.
* Grease lightly a rectangular lasagna dish with a little olive oil. Spoon half the lentil mixture over the base, dollop with ricotta mixture on top and top with a single lasagna sheet. Arrange the smashed pumpkin over next layer, sprinkle with half the basil, as well as more dollops of ricotta, and then top with another lasagna sheet. Finally spoon the remaining lentil mixture and dollops of ricotta on top, sprinkle with remaining crumbed feta and basil.

Bake in oven for 30min or until lasagna sheets are tender and cooked.