



Slow Cooked Gluten Free Spinach & Chicken Lasagna



Ingredients

TOMATO BASE

- 1 x finely chopped brown onion
- 2 cloves of garlic
- 600g x organic free range chicken mince (*for vegetarian use cooked lentils*)
- 1 x 400g tin organic tomatoes
- 1 x 500g bottle favourite pasta sauce
- 1 x 1/2 tspn sea salt
- Pepper to taste

SPINACH MIXTURE

- 1 x bunch Silverbeet finely chopped (*including stalks is up to you*)
- 1 x 500g x organic high protein cottage cheese (*I use barambah*)
- 1 x 400g x organic cream or sour cream
- 2 x eggs
- 1/4 cup cheddar cheese
- 1 x small bunch parsley finely chopped
- 1 x 1/2tspn Sea Salt
- Pepper to taste

Extras

- Gluten Free organic lasagna sheets
- 1/3 x cup grated cheddar cheese for top

Method

TOMATO BASE

- Combine all ingredients in a bowl.
- Mix well
- Set aside

SPINACH MIXTURE

- Combine all ingredients in a separate bowl or slowing chopping food processor
- Mix well
- Set aside

Layering & Cooking

- Turn Slow Cooker onto low
- Place a 1/3 of the tomato mixture in the base of the slow cooker
- Layer with GF Lasagna
- Place a 1/3 of Spinach mixture on top of GF lasagna
- Layer with GF Lasagna
- REPEAT this 2 more times
- Top with grated Cheddar Cheese
- Slow cook for 6hrs
- Serve with a side salad of your choice