

EASY LASAGNE WITH SPINACH

4 persons / 483 kcal per person

Ingredients:

- 750 grams of spinach à la crème
- 60 grams of cream cheese herbs
- 250 grams of fresh lasagne sheets
- 250 grams of smoked chicken fillet strips
- 100 grams of grated spicy cheese 45+
- pepper

Preparation:

Preheat the oven to 180 °C. Heat the spinach briefly in a pan until the cubes form a sauce. Season the spinach with the cream cheese and freshly ground black pepper. Spread a thin layer of spinach over the bottom of the baking dish. Divide $\frac{1}{3}$ of the lasagne sheets on top. Divide $\frac{1}{3}$ of the rest of the spinach on top. Divide half of the chicken on top. Repeat and finish with the spinach. Divide the cheese over the lasagna. Bake the lasagna in the middle of the preheated oven for 30 minutes.

Nutritional value per person:

Energy:	483 kcal
Protein:	33.7 grams
Carbohydrates:	41.6 grams
- including sugars:	5.1 grams
Fat:	19.0 grams
Fiber:	5.6 grams
Salt:	3.6 grams

