



## Lasagne Planhigyn Wy

### Gweini 6

### Cynhwysion

3 planhigyn wŷy (aubergine)  
Pinsiad o halen a phinsiad o bupur  
3 llwy fwrdd o olew  
225g tin tomatos wedi eu torri  
Llund llaw o ddail basil  
3 ewin garlleg wedi ei dorri'n fân  
Llund cwpan o sbigoglys wedi torri  
350g o gaws ricotta, braster isel  
150g o gaws mozzarella

Ar gyfer cynllun 1400 - Ychwanegwch 150g o lysiau

### Dull

1. Trowch y popty ymlaen i wres 220°C / 200 Fan / Marc Gas 7.
2. Irwch ddau dun pobi gydag ychydig o olew.
3. Torrwch y 3 planhigyn wŷy ar eu hyd yn stribedi hir tua  $\frac{1}{4}$  modfedd o drwch. Dylech fod gyda tua 24 o stribedi i gyd. Rhowch fymryn o halen arnyn nhw.
4. Defnyddiwch frwsh i frwsho olew ar hyd y stribedi planhigyn wŷy cyn eu rhoi yn y tun.
5. Rhowch nhw yn y popty am 20 munud nes mae'r planhigion wŷy yn cychwyn troi'n frown.
6. Tra mae'r rhain yn coginio, rhowch y tomatos, basil, 2 ewin garlleg wedi'i dorri'n fân a phinsiad o halen mewn powlen fawr. Gwasgarwch hanner y gymysgedd mewn tun pobi.
7. Mewn powlen arall, cymysgwch y sbigoglys, ricotta, pupur ac 1 ewin garlleg wedi dorri'n fân.
8. Pan mae'r stribedi planhigyn wŷy wedi eu coginio, gadewch iddyn nhw oeri am ychydig.
9. Gosodwch y stribedi planhigyn wŷy yn y tun pobi gan wneud haenau gyda'r gymysgedd ricotta a'r saws tomato nes bod gennych lasagne llysieuol.

10. Ychwanegwch weddill y saws tomato ar eu pennau a chaws mozarella.

11. Coginiwch y cyfan yn y popty am 40- 45 munud cyn ei weini.

## **Aubergine Lasagne**

**Serves 6**

### **Ingredients**

3 large aubergines  
Pinch of salt and pepper  
3 tablespoons oil  
225g chopped tomatoes (tin)  
Handful of fresh basil  
3 teaspoons minced garlic  
1 cup chopped spinach  
350g of low fat ricotta cheese  
150g of mozzarella cheese

For 1400 meal plan - Add 2 portions of veg (150g)

### **Method**

1. Position racks in the middle and upper third of oven; preheat to 220°C / 200 Fan / Gas Mark 7.
2. Coat 2 rimmed baking sheets with cooking spray.
3. Slice each aubergine lengthwise into ¼-inch-thick strips. Discard any small or misshapen pieces. You should have about 24 strips.
4. Sprinkle the strips with a pinch of salt and let stand for 15 minutes.
5. Pat the aubergine slices dry and brush both sides with oil. Place on the prepared pans, overlapping the slices a little if necessary. Roast until soft and beginning to brown, swapping the pans from top to bottom midway, about 20 minutes. Let cool slightly.
6. Meanwhile, combine tomatoes, handful of fresh basil, 3 teaspoons of garlic and a pinch of salt in a large bowl.
7. Combine the spinach, ricotta and pepper in a medium bowl.
8. Let the aubergine slices cool for a minute.
9. Then, layer the aubergines with the tomato sauce and ricotta mixture in an oven proof dish.
10. Top the lasagne with mozzarella and bake on the middle rack until the tomato mixture is hot and bubbling, 40 to 45 minutes.