

Chicken Alfredo Lasagna

Prep Time 45 minutes

Cook Time 45 minutes

Total Time 1 hour 30 minutes

Servings 8 people

Calories 422 kcal

Ingredients

2 chicken breasts (about 600 g - 1.3 lbs) - or rotisserie chicken

4 cups chicken stock or vegetable stock

4 cups water

1 medium cauliflower about 1.2 kg - 2.6 lbs, cut into florets

1 tbsp butter about 15 g

4 large garlic cloves finely minced

3 cup white mushrooms sliced - see notes

3 cups baby spinach packed

Freshly cracked black pepper to taste

1 cup + 1/2 cup mozzarella shredded

1 cup parmesan grated

1/2 tsp ground nutmeg

9 oz - 250 g oven ready lasagna sheets use gluten free lasagna for GF

Instructions

Preheat oven to 360F - 180C.

Prepare chicken. Place chicken in a medium pot and cover with water. Cook on medium heat for about 20-25 minutes. Drain and set aside until cool enough to handle. Chop in very small pieces and set aside.

Prepare alfredo sauce. Fill a large pot with 4 cups of stock and 4 cups of water. Bring to a boil. Add cauliflower florets, cover and cook for 10 minutes or until cauliflower is very tender. Transfer cauliflower to the bowl of your food processor using a slotted spoon. Add 1 cup of cooking liquid and process for about 3-4 minutes or until very smooth. You can also use a blender, but if you do, you might need to process the cauliflower in two batches. Add 1 cup of mozzarella, 1 cup of parmesan, nutmeg and freshly cracked black pepper. Process again until smooth. Separate and reserve 1 1/2 cups of sauce and set aside.

Prepare filling. Melt butter in a large skillet over medium heat. Add garlic and cook until just fragrant, about 30 seconds. Add mushroom and cook until they soften, then add spinach and cook until wilted. Add reserved chicken and reserved Alfredo sauce (except the 1 1/2 cups you saved) and mix until everything is well combined.

Assemble lasagna. Spray a large baking dish with cooking spray. Place 2 or 3 lasagna sheets on the bottom of the baking dish, breaking up the sides of the sheets to fit if needed. Top with 1/3 chicken alfredo mixture. Top with 2-3 more



lasagna sheets and 1/3 chicken alfredo mixture. Repeat layering once and finish with lasagna sheets. Spread reserved alfredo sauce on top of the last layer.

Cover loosely with foil and bake for 30 minutes. Scatter remaining cheese (1/2 cup) and cook for an extra 15 minutes or until golden.