

Smoked Chicken and Spinach Lasagne



Ingredients

1 medium chicken breast fillet	½ litre good quality chicken stock
500g chicken mince	1 box large instant lasagne sheets
1 small eggplant, thinly sliced and salted liberally	100g spinach leaves, washed
1 large onion, finely chopped	500g grated mozzarella cheese
1 large zucchini, grated	½ cup grated parmesan cheese
2 tsp garlic, finely chopped	Béchamel Sauce
1 tsp dried basil	2 tbsp butter
1 tsp dried oregano	2 tbsp plain flour
3 tbsp tomato paste	milk
1 large tin diced tomatoes	½ cup grated parmesan cheese

Directions

Step 1 – Soak your preferred wood chips (for chicken, we recommend apple, cherry or maple) for 1 hour in water.

Step 2 – Preheat the BBQ to medium – approximately 180°C - 230°C. Preheat either a hotplate or BBQ tolerant frying pan in the BBQ.

Step 3 – Once the hotplate or pan is heated, drain the wood chips and add to a smoker box. Place the smoker box into the BBQ and close the lid. Once smoke appears, add the chicken to the plate or pan and sear, with the lid closed, for approximately 5 minutes. Turn the chicken breast over and cook until the meat has reached a minimum internal temperature of 70°C. Once cooked, remove from the BBQ and rest for at least 5 – 10 minutes, loosely covered in foil.

Step 4 – Rinse the salt from the eggplant slices, brush with olive oil and grill on the BBQ for 2 minutes each side to create char marks. Set aside.

Step 5 – Heat 1 tbsp of olive oil in a large saucepan and sauté the chopped onion, grated zucchini and garlic until it begins to brown. Remove from the pan and set aside.



Step 6 – Heat 1 tbsp of live oil in the same pan and add the chicken mince, stirring to remove lumps, until the mince is cooked through and beginning to brown. Finely chop the smoked chicken breast and add to the mince. Add the sauteed onion, zucchini and garlic, plus the basil, oregano, tomato paste, diced tomatoes and chicken stock. Season with salt and freshly ground black pepper. Bring the mixture to the boil then reduce the heat and simmer for at least 1 hour or until the liquid has mostly evaporated and the sauce has thickened.

Step 7 – While the sauce is reducing, prepare the bechamel sauce. In a small saucepan over medium heat, melt the butter then stir in the flour. Cook, stirring constantly for 2 minutes then slowly add approximately 1 cup of milk, stirring, until the sauce thickens. Add enough additional milk to bring the sauce to the desired consistency, then add the grated parmesan cheese. Stir to mix through then set the sauce aside.

Step 8 – Using a deep lasagne dish or disposable foil tray, assemble the lasagne in layers. Start with pasta sheets, then meat sauce, then eggplant slices, then a large handful of spinach leaves, then mozzarella cheese. Repeat to create at least 3 layers, finishing with the bechamel sauce, then sprinkle the grated parmesan cheese over the top.

Step 9 - Prepare the BBQ for indirect cooking over medium heat (190°C to 230°C). If using a Weber Q BBQ, set up your BBQ with a convection tray and a trivet. Place the lasagne dish onto the trivet in the BBQ and cook, with the lid closed, for about 40 minutes or until the sauce is bubbling and the cheese has melted and browned on top.

Step 10 – Serve with a side salad and crusty bread.

