

**MORE THAN
—A—
MOUTHFUL**



*Tomato & Basil Sauce,
the most popular and
versatile, a pair that never
goes out of fashion.*

Contains only Natural Ingredients:

Tomatoes, onion, olive oil, stock, lemon juice,
basil, garlic, salt, pepper
Gluten Free ~ Vegan

Blue Swimmer Crab with Pasta

Ingredients

Olive oil
1kg root and baking veggies
375gm ricotta cheese.
Bunch washed and finely chopped or frozen spinach
2 large eggs
Handful continental parsley
1 cup grated parmesan cheese
1 cup grated mozzarella cheese
Seasoning
Store bought fresh or lasagne sheets

Method

Slice various root and other vegetables 1cm thick (pumpkin, carrots, sweet potato, eggplant, zucchini, parsnips, etc).
Coat with olive oil and season. Bake in mod oven till soft and nicely roasted.

Method Continued

Combine spinach, ricotta, eggs and parsley and ¼ cup parmesan.
1. Line baking dish with your preferred More Than A Mouthful pasta sauce.
2. Add a layer of baked veggies.
3. Sprinkle a small amount of parmesan and mozzarella.
4. Top with a layer of Lasagne sheets.
5. Spread a layer of ricotta mix.
6. Spread more pasta sauce over this.
7. Sprinkle a small amount of parmesan and mozzarella.
8. Top with a layer of Lasagne sheets.
Repeat the process till all ingredients are used finishing off with the parmesan and mozzarella on top.
Bake covered with foil for 1 hour, then for remaining 15 minutes bake uncovered until a brown cheesy crust forms.
Serve with green salad.



Once you have a taste, you'll be asking for more!

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An Italian family tradition that keeps on feeding