



## Popeye Power spinach lasagna recipe

### Serves 4

	600g/21oz frozen spinach		1.5 teaspoons of grated nutmeg
	250g/8.8oz tub of Ricotta cheese		500g/17.5oz packet of spinach lasagna sheets
	200g/7oz soft gorgonzola cheese		Extra virgin olive oil
	50g/2oz grated parmesan cheese		Salt
	100g/3.5oz butter		Pepper
	0.75 litre/1.3 pints of semi-skimmed/ half-fat milk		