

Vegetable Lasagna



Serves: 4—6

Time: 70 min

Instructions

1:

Fry the onion in the olive oil for 10—15 minutes. Add the garlic and tomato paste and cook for a further 2 minutes.

2:

Add the red pepper and courgettes, then add the tinned tomatoes, oregano, and salt and pepper to taste. Cook for 10 minutes on low heat. Preheat the oven to 200°.

3:

In a separate saucepan, melt the butter on a low heat, then add the flour, and stir into a paste for two minutes. Add the milk very gradually using a wooden spoon or whisk. Stir until it boils and thickens, then add the cheese and stir to melt it. Add more milk if it becomes too thick.

4:

Grease a large lasagna dish. Layer the dish with the tomato and vegetable mixture, lasagna sheets and the cheese sauce.

5:

Bake for 30 minutes, until the pasta and vegetables are tender.

Notes

Add 1 tsp mustard to the cheese sauce for more flavour.

To make it a more filling meal, replace half the courgettes with a tin of green lentils.

Ingredients

1 tin

Chopped tomatoes

1 tbsp

Tomato paste

2

Red onions, chopped

4

Courgettes, sliced thinly

1

Red pepper, in small pieces

1/2 tsp

Oregano (dried)

2

Garlic cloves, chopped small

50g

Butter

50g

Plain flour

600ml

Milk

200g

Grated cheddar

2 tbsp

Olive oil

500g

Lasagna sheets