

Vegetable Lasagne

SERVES 6

COOKING TIME: 1-2 HOURS

Ingredients

- 3 tbsp **olive oil**
- 1 **onion**, chopped
- 1 **carrot**, cubed
- 1 stick of **celery**, cubed
- 4 cloves of **garlic**, chopped
- 1 large **sweet potato**
- 1 **red pepper**
- 1 **courgette**
- 150g **spinach**
- 700g jar of **passata**
- 2 tsp **Italian seasoning or dried oregano**
- 150ml **vegetable stock**
- 9 dried **lasagne** sheets
- Salt and pepper



Cheese Sauce

- 85g **plain flour**
- 85g **butter**
- 850ml **milk**
- 125g **cheddar**, grated
- 75g **mozzarella/ cheddar**,
grated, to top
- ½ tsp grated **nutmeg** (optional)

Directions

1. Preheat the oven to 200C/180C Fan/Gas 6. Cut the peppers, courgette and sweet potato into 2cm chunks and place in a baking tray. Drizzle with 2 tablespoons of the oil, season with salt and pepper and toss together. Roast for 30 minutes, or until softened and lightly browned.
2. While the vegetables are roasting, heat the remaining oil in a large saucepan and gently fry the onion, celery and carrot for 5-10 minutes, stirring regularly.
3. Add the garlic and cook for a few seconds more. Stir in the passata, Italian seasoning and stock. Bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside.

4. For the cheese sauce, melt the butter in a pan and once bubbling, add the flour. Cook on a gentle heat for 3-5 minutes, stirring regularly. Gradually stir in the milk, stirring constantly. Ensure that the milk is completely absorbed and the sauce is smooth and shiny before each addition of more milk. This will help ensure you get a smooth sauce with no lumps. Once all the milk is added, keep stirring, and bring the sauce to a gentle boil. Now add the cheese and stir until melted in. Add the nutmeg and season.
5. Take the vegetables out of the oven and add to the pan with the tomato sauce. Stir in the spinach and cook together for 3 minutes. Season with salt and lots of ground black pepper.
6. Spoon half of the vegetable mixture over the base of a 30 x 20cm ovenproof dish and cover with a layer of lasagne sheets. Top with half of the cheese sauce, then a second layer of lasagne. Follow this with the second layer of vegetable mixture, then the third layer of lasagne. Finally, finish the layers with the remaining cheese sauce and sprinkle the remaining cheese on top. (From top to bottom, the layers are: vegetable sauce, lasagne, cheese sauce, lasagne, vegetable sauce, lasagne, cheese sauce.)
7. Bake for 35-40 minutes, or until the pasta has softened and the topping is golden brown and bubbling.

Pro tip:

You can substitute whatever vegetables you want into this lasagne, depending on what you like - aubergine, mushrooms, celery, carrot etc. You could use lentils or a meat substitute, like Quorn. This is your recipe to play around with!