

Lentil Lasagne

INGREDIENTS

- 1 tbsp. rapeseed oil
- 1 onion, chopped.
- 1 carrot, chopped.
- 1 celery stick, chopped.
- 1 garlic clove, crushed.
- 1 x 400g cans lentils, drained, rinsed.
- 1 tbsp. cornflour
- 400g can chopped tomatoes.
- 1 tsp. ketchup
- 1 tsp. dried oregano
- 1 tsp. vegetable stock powder
- 2 cauliflower heads, broken into florets.
- 2 tbsp. unsweetened soya milk
- 9 dried egg free lasagne sheets



METHOD

This recipe serves 4.

1. Heat oil in a pan, add onion, carrot and celery and gently cook for 10-15 mins until soft. Add the garlic, cook for a few mins then stir in the lentils and cornflour.
2. Add the tomatoes plus a can full of water, the ketchup, oregano, stock powder and some seasoning. Simmer for 15 mins, stirring occasionally.
3. Meanwhile, cook the cauliflower in a pan of boiling water for 10 mins or until tender. Drain, then puree with the soya milk using a blender or food processor. Season well.
4. Heat oven to 180C/160C fan/Gas 4.
5. Spread 1/3rd of lentil mixture over the base of a ceramic dish (20cm x 30cm)
6. Cover with a single layer of lasagne, snapping the sheets to fit.
7. Add another 1/3rd of lentil mixture, spread a 1/3rd of cauliflower puree on top, followed by a layer of pasta.
8. Top with the last 1/3rd of lentils and lasagne, followed by the remaining puree.
9. Cover loosely with foil and bake for 35-45 mins, removing the foil for the final 10 mins of cooking.

Top Tip: Add dark green, leafy vegetables, such as watercress, broccoli, and spring greens to increase calcium, vitamin d and iron intake.