



Veggie Reggie Lasagne 😊

Ingredients:

2 tbsp	Vegetable / olive oil
3	Carrots
1	Red pepper
1	Onion
1	Courgette
1	Can chopped tomatoes
2	Cloves of garlic
1 tbsp	Fresh or dried basil
1 tbsp	Worcestershire sauce
1	Stock cube
1	Celery stalk
100g	Red lentils
300g	Pasta sheets
50g	Butter
50g	Plain flour
500ml	Semi-skimmed milk
100g	Grated Cheese

Method:

Main

- Being careful, chop the carrots, onion, pepper, courgette and celery
- In a large pan, fry the onion, celery, courgette, pepper and crushed garlic for 5 minutes
- Into the pan add the chopped tomatoes, herbs, Worcestershire sauce and half a can of water and bring to the boil
- When the liquid is boiling add the red lentils and simmer for 15 minutes

Sauce

- Melt the butter in a saucepan on a low heat
- Add the flour and stir quickly
- Turn off the heat and add the milk
- Whisk and turn up the heat gradually until sauce thickens
- Add the grated cheese and this is now your sauce

Lasagne

- Into a heat proof dish place a layer of the main vegetable mix on the base
- Cover with a few sheets of pasta until all the vegetables are covered
- Pour over a little sauce until all the pasta is covered
- Add more vegetable mix and cover with pasta
- Add more sauce and repeat this until no more vegetables are left

Cook in an oven at 170 degrees for 40 minutes and serve with chunky potato wedges or salad leaves 😊

Please remember to send in your photos of you cooking the recipe and also the finished product. Send pictures in to alantilley@mail.com or text them across to 0781777739