

Vegetable Lasagne – Family recipe

**Ingredients:**

|  |  |
| --- | --- |
| 3 | Carrots |
| 1 | Pepper |
| 1 large or 2 small | Onions |
| 2 | Courgettes |
| 1 | Can of chopped tomatoes |
| 2 | Cloves of garlic |
| 1 tbsp | Dried basil |
| 1  | Vegetable stock cube |
| 2  | Celery stalks |
| 300g | Green or red lentils |
| 300g | Pasta sheets |
| 50g  | Butter |
| 100g  | Grated Cheese |
| 50g | Plain flour |
| ½ tsp  | Salt and pepper |

*You will also need a little oil and 500ml semi-skimmed milk*

**Method:**

**Main**

* Being careful, chop the carrots, onion, pepper, courgette and celery into small cubes
* ***IN A PAN OF WATER BOIL THE LENTILS UNTIL SOFT***
* In a large pan, fry the onion, celery, courgette, pepper and crushed garlic for 5 minutes
* Into the pan add the chopped tomatoes, basil, salt and pepper, crumble in the stock cube and then add half a can of water and bring to the boil
* Add the tomato puree and when the liquid is boiling add the 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 😊

YouTube link: <https://bit.ly/3RhLJMS>