

# Vegetable lasagne with garlic slices

(Serves 6)

## Ingredients

### For the vegetable bolognaise:

- 2 tbsps Oil, Olive, napolini
- 1 Garlic clove, crushed
- 100g Carrots, diced
- 150g Onions, sliced
- 1 Pepper, red, deseeded & chopped
- 1 (approx 300g) Aubergine
- 1 tbsp Paprika, sweet
- 2 tsps Oregano, dried
- 225g Mushrooms, button, sliced
- 2 (appx 400g) Courgettes, sliced
- 2 x 400g tins Tomatoes, chopped, napolini
- 2 tbsps Tomato puree, napolini
- 2 Bay leaves
- 1/4 tsp Black pepper

### For the bechamel sauce:

- 600 mls Milk, Semi-skimmed, British
- 2 slices Onion
- 2 Bayleaves
- 12 Black peppercorns, whole
- 30g Margarine, Light Olive spread
- 30g Flour, plain
- 1/4 tsp Salt, reduced sodium
- Pinch Nutmeg

### For the lasagne:

- 12 sheets Pasta, dried, wholewheat, lasagne
- 45g Cheese, Cheddar, Cathedral city lighter, grated
- 2 Garlic slices, reduced fat (Tesco)

## Preparation

### For the vegetable Bolognaise:

1. Heat oil gently in a large frying pan or wok.
2. Add garlic, carrots, onions & red pepper. Fry for 2-3 mins or until beginning to soften.
3. Cut aubergine into large chunks & blanch immediately in boiling water for 2 mins. Drain.

4. Add paprika, oregano & aubergine to frying pan & fry for 1-2 minutes.
5. Add mushrooms, courgettes, tomatoes, tomato puree, bay leaves & black pepper.
6. Bring to boil. Cover & simmer on a medium heat for approx 30 minutes, stirring occasionally.
7. Pre heat oven to 190°C/ 375°F /Gas mark 5, (170°Fan).

#### For the bechamel sauce:

1. Pour milk into a large lidded sauce-pan.
2. Add onion slices, bay leaves & peppercorns.
3. Bring to boil, remove from heat.
4. Cover & infuse for 10-30 minutes. Strain.
5. Melt olive spread in a large saucepan. Stir in flour. Cook for 1 minutes, stirring continuously.
6. Remove from heat. Gradually pour on warm milk, whisking constantly.
7. Season with salt & nutmeg.
8. Return to heat. Bring to boil, whisking constantly until sauce thickens.
9. Simmer for 2-3 minutes.

#### For the lasagne:

1. Put 1/2 vegetable bolognaise sauce into bottom of a large ovenproof rectangular dish. Lay 6 pasta sheets on top.
2. Put remaining vegetable bolognaise sauce on top of pasta sheets & lay 6 more on top.
3. Pour bechamel sauce over pasta sheets & sprinkle with grated cheese.
4. Bake on middle shelf of oven for 40-50 minutes, until piping hot & well browned.
5. Serve with toasted garlic slices.

**TOP TIP:** If you want to save time you can substitute a white sauce, instead of bechamel sauce.

#### NUTRITIONAL VALUES

##### PER SERVING

Calories 570

Total Sugars 18.91g

Total Fats 14.87g

Saturated Fats 5.09g

Salt 1.21g

Fruit & Veg 4