

Vegetable Lasagne

Pasta

- 100g '00' flour
- 1 egg

1. Measure the flour into a mixing bowl.

2. Add the egg and combine.

3. Cut into 2 sections and flour.

4. Using the pasta machine roll through on the widest section until thin for lasagne. Set aside on greaseproof paper

Meat sauce - Ingredients

- 1 pepper seeds removed, cut into roughly 2cm
- 1 Aubergine - cut into roughly 2cm
- 1 courgette - cut into roughly 2cm
- 1 tbsp oil
- 1/2 large onion - finely chopped
- ½ tsp dried chilli flakes
- 1 garlic cloves, crushed
- 1/2 tin chopped tomatoes
- 1 tsp mixed herbs
- 1 vegetable stock cube - 200ml water
- salt and freshly ground black pepper

Vegetable Sauce - Method

1. Preheat the oven to 180C Fan.

2. Cut, deseed and dice peppers.

3. Cut the ends off the courgette & aubergine and dice.

4. Place into a large baking tray. Drizzle with 1 tablespoon of the oil, season with salt and pepper. Roast for 30 minutes, or until softened and lightly browned.

5. Cut the ends of the onion, peel and dice put into a saucepan. Cut the ends and peel the garlic, crush into a pan, gently fry the onion/garlic for 2 minutes, stirring regularly.

6. Add the chilli flakes and cook for a couple of minutes more. Stir in the tomatoes, mixed herbs and crumbled stock cube. Pour over the water and bring to a gentle simmer. Cook for 10 minutes, stirring regularly.

7. Add the roasted vegetables when cooked and set aside ready to assemble.

White sauce - Method

1. Place the butter in a pan and heat until it melts. Add the flour and stir for 1 minute. This will cook the flour/butter.

2. Stir in the milk a little at a time on a medium heat.

3. Bring to the boil, whisking continuously until the sauce comes to the boil and begins to

4. thicken. Add cheese, salt and pepper to sauce and allow to thicken.

White sauce - Ingredients

- 25g butter
- 25g plain flour
- 150ml (1/2 pint) milk
- Salt and white pepper
- 75g (3oz) cheese, grated

Assembling your Lasagne

Layer your Lasagne, starting with vegetable sauce at the bottom. Followed by a Lasagne sheet, then white sauce. Repeat once more. Add grated cheese on top. Oven bake until cheese is melted, golden brown and the lasagne sheets are cooked.