

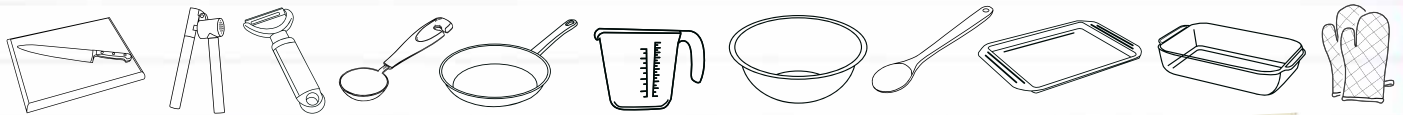
Vegetarian Lasagne



Ingredients

1 onion	1 x 5ml spoon mixed herbs
1 garlic clove	1 x 15ml spoon tomato purée
1 carrot	200ml reduced fat crème fraiche
2 celery sticks	25g grated parmesan
1 x 10ml spoon oil	100ml semi-skimmed milk
100g green lentils	Black pepper
1 x can chopped tomatoes (400g)	6 lasagne sheets

Equipment



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot;
 - slice the celery.
3. Fry the onion, garlic, carrot and celery in the oil until soft.
4. Add the lentils, tomatoes, herbs and tomato purée.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. Mix the crème fraiche, milk, pepper and half the grated cheese together in a small bowl till you have a smooth sauce.
7. Place an oven proof dish on a baking tray and spread some lentil mixture in the bottom. Cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Top Tips

- Experiment with different herbs, like fresh basil or oregano, for different flavour sensations!
- Try using different vegetables such as courgettes, peppers or aubergine.
- Try using different cheeses.

Skills

- Using the hob and oven ✓
- Preparing an onion ✓
- Weighing and measuring ✓
- Using the grater ✓
- Combining ingredients together ✓

