

Name:

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Vegetable lasagne

*Linked to the Cooking Food presentation,
slide 7 Grilling, roasting, baking*

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Serves 4 people

INGREDIENTS

For the vegetable sauce: 1 onion, 1 tbsp oil, 1 tbsp seasoned flour, 50g mushrooms, 1 courgette, 1 yellow pepper, ½ aubergine, 1 tbsp tomato puree, 1 large tin of tomatoes, 1 clove garlic, 1 tsp mixed herbs/basil, 1 tbsp flour, 200ml water

For the white sauce: 350ml milk, 25g butter or margarine, 25g seasoned flour, 10 lasagne pasta sheets, 25g Parmesan cheese

METHOD

To make the vegetable sauce

1. Slice the onion and 'sweat' on a low heat for 10 minutes. Dice the pepper and add to the sweating onions for the last 5 minutes. Slice and dice the courgette, aubergine and mushrooms.
2. Take the pan off the heat and add all the other ingredients. The flour first, then the vegetables and finally the puree, herbs and water. Stir each time. Return to the heat, stir it until it boils, then simmer for 20–30 minutes.

To make the white sauce

3. Melt the fat in a saucepan. Add the flour and mix into a 'roux' or paste. Gently cook for 2 or 3 minutes.
4. Slowly add the milk a little at a time so that there are no lumps. Return to the heat. Stir continuously over a gentle heat until the sauce thickens. Once it has bubbled it will not thicken any more. Remove from heat.
5. Assemble lasagne: Start with ½ the vegetable sauce, pasta layer, ½ the white sauce, pasta layer, the rest of the vegetable sauce, pasta layer, the rest of the white sauce and Parmesan cheese.
6. Bake in a pre-heated oven - gas mark 6/200°C for 30 minutes.