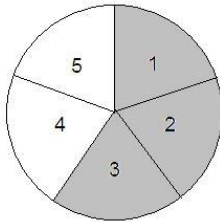


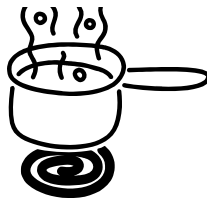
Quick Vegetable Lasagne

Serves 4

Portions of fruit & vegetables per serving: 3



Hob needed Oven needed



Allergen information:

Allergens are in bold.

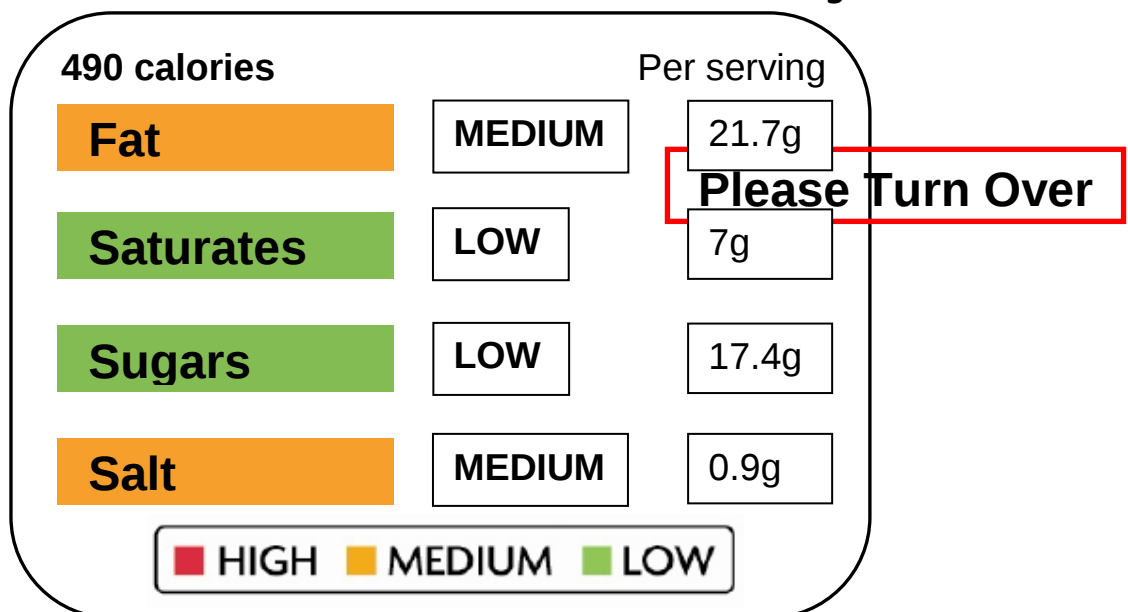
Contains milk

Contains cereals
containing gluten

Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1 medium	chopped
garlic	1 clove	chopped
dried mixed herbs	1 teaspoon	
chopped tomatoes	2 cans (2 x400g)	
chopped fresh vegetables - e.g. carrot, courgette, mushroom	400g	
mixed frozen vegetables	250g	
broccoli	200g (7oz)	cut into small florets
black pepper	$\frac{1}{4}$ teaspoon	
lasagne sheets	6-8	
<u>White sauce</u>		
margarine	25g (1oz)	
flour	25g (1oz)	
milk (semi or skimmed)	$\frac{3}{4}$ pint (450ml)	
cheese	75g (3oz)	grated

Method

- 1 Pre-heat the oven to 190°C/gas mark 5.
- 2 Heat the oil in a frying pan and add the onion and garlic and then fry until the onion is soft.
- 3 Add the tomatoes, mixed herbs, all the vegetables and half of the black pepper and simmer for about 5 minutes
- 4 To make the white sauce put all the ingredients (except for the cheese) in a saucepan and gently heat, whisking all the time, until the sauce is boiling. Turn down the heat and simmer for about 5 minutes, stirring occasionally. Add the remaining black pepper and take the pan off the heat and stir in half the cheese.
- 5 Spread a layer of the tomato mixture on the bottom of an ovenproof dish and top with a layer of white sauce, add a layer of lasagne sheets but do not overlap them. Continue the layers finishing with a layer of white sauce. Sprinkle the rest of the cheese on top.
- 6 Bake in the oven for 30-40 minutes. When cooked take out the lasagne and allow to stand for 5 minutes before serving.



Handy Hints

- You can make a meat lasagne by frying 250g of mince with the onion and garlic and then follow the rest of the recipe.
- Serve with salad for an extra portion of vegetables.

