



ROASTED VEGETABLE LASAGNE

INGREDIENTS

Roasted veg

Aubergines
Courgettes
Peppers
Mushrooms

*(You could also use sweet potato,
butternut squash)*

Bechamel sauce

50g butter or Dairy Free
butter
30g plain flour or Gluten
Free flour
500ml milk or Dairy Free milk

Tomato sauce

1 red onion (fine dice)
1 stick celery (fine dice)
2 cloves garlic, crush
400g chopped tomatoes or
600g fresh tomatoes
2 tsp balsamic vinegar
1 tsp sugar
3 tbsp olive oil
1 tsp oregano
A bay leaf
½ tsp chilli flakes
½ tsp salt
¼ tsp pepper

Pinch nutmeg (optional)
Lasagne sheet
Cheddar cheese

METHOD

Roasted Vegetables – Preheat the oven to Gas 6. Chop the veg into medium-sized chunks.

Put all the vegetables in a large roasting tin, drizzle over the olive oil and plenty of salt and black pepper.

Using your hands or utensil, toss well to coat the vegetables evenly. Roast for 40 mins until all the veg is tender.

Tomato Sauce - Heat the oil in a heavy based deep-sided frying pan or casserole over a low heat.

Add the onion, carrot and celery and cook gently, stirring now and then until soft and then the garlic.

Fry gently for a little longer until the garlic has taken just a little colour.

Add the chopped tomatoes and bring to a gentle simmer. Now add the balsamic vinegar, sugar, oregano & bay leaf, salt, chilli flakes & pepper, stir well and let the sauce simmer gently for about 45 minutes.

Béchamel Sauce - Melt the butter in a pan then, using a wooden spoon, mix in the flour and cook for 2 mins.

Stir in the milk, a little at a time – the mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid lumps.

When all the milk is in, bring to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Gently bubble for a few mins until thickened. Season with salt, pepper and (optional) nutmeg.

Prepare the lasagne - Layer 1 roasted vegetables and tomato sauce. Top with lasagna pasta sheet. Layer with béchamel sauce. Repeat process. Top with grated cheese.

Bake and Serve - bake the Lasagna at 190c for 35 minutes. Let the Lasagna sit for 10 minutes, then cut and serve as desired.