

Vegetable Lasagne



Ingredients

- 2 teaspoons of rapeseed oil
- 2 leeks, sliced thinly
- 2 red onions
- 3 peppers – red, yellow or orange
- 10 mushrooms
- 100g spinach
- 3-4 garlic clove, crushed
- 400g can chopped tomatoes
- 2 tablespoons tomato puree
- 1 tablespoon dried basil (or fresh if you have it)
- 150mls (5fl oz) boiling water
- 8 lasagne sheets
- 300ml (10 fl oz) skimmed milk
- 25g (1oz) cornflour
- 200g (7oz) low fat soft cheese
- 25g (1oz) parmesan cheese, grated
- Ground black pepper

Method

- Pre heat the oven to Gas Mark5/ 190°C
- Heat the oil in a non-stick frying pan and add the mushrooms, leeks, onions, peppers and garlic. Stir-fry for 5 minutes
- Add the chopped tomatoes, tomato puree, basil, seasoning and the boiled water. Simmer for 10 minutes.
- Spoon half vegetable mixture into a deep, ovenproof rectangular dish, and arrange spinach on top. Add 4 sheets of lasagne on top then spoon over the remaining vegetable mixture and finish with more spinach the last 4 sheets of lasagne.
- Heat the milk until it begins to boil. In a bowl, mix the cornflour to a thin paste with a little cold water. Pour the boiling milk into the bowl and then return this mixture to a clean pan and cook, whisking until it thickens.
- Stir in the low fat soft cheese and then pour this sauce over the top of the lasagne sheets.
- Sprinkle the surface with parmesan cheese and bake in the oven for 45 minutes.