

# VEGETARIAN

## VEGETABLE LASAGNE

240 calories per serving



**Prep Time:**  
20 mins

**Cook Time:**  
40 mins

**Total Time:**  
60 mins

**Serves:**  
6 people

### INGREDIENTS:

- 1 courgette diced
- 1 Aubergine diced
- 1 onion diced
- 400g Can of hopped tomatoes
- 10 mushrooms washed and sliced
- 500g pack of passata Lasagne pasta sheets
- Splash of olive oil
- Mixed herbs

### SAUCE:

- 30g butter
- 2 tbsp plain flour
- 300ml milk
- 100g Cheddar Cheese

### METHOD:

1. Place onion in saucepan with olive oil and cook until they turn translucent. Then add all the diced vegetables and mix for 2 minutes.
2. Add the chopped tomato, passata and mixed herbs, lower the heat and simmer for 10-15 minutes until all vegetables have softened.
3. In a separate saucepan make the white sauce by melting the butter and add the flour till it looks dough like.
4. Slowly add milk whilst on heat and stir continuously until thickened—remove from heat and add the cheese.
5. Place a layer of lasagne into a oven friendly baking dish, then place a layer of tomato vegetables followed by a layer of the white sauce and then another sheet of lasagne. Repeat until the dish is full.
6. Ensure the top layer is white sauce, then add some grated cheese on to the top. Bake at 180°C for 40 minutes. Delicious served with green salad!

***Delicious with green salad!***