

Vegetable Lasagne

Food Foundations

Ingredients

- 1tbsp olive oil
- 2 large brown onions (small dice)
- 3 teaspoons minced garlic
- 4 medium carrots (grated)
- 1 eggplant (peeled and cut into 1cm dice)
- 4 medium zucchinis (grated)
- 3 x 410g red kidney beans
- 3 x 410g no added salt chopped tomatoes
- 6 tbsp cornflour (for white sauce)
- 1.5lt milk
- 500g grated cheddar cheese
- 500g wholemeal pasta sheets

Serves: 20

Prep Time: 20 mins

Cook Time: 1 hour 20 mins



Method

1. Pre-heat oven to 180°C.
2. Heat olive oil in large fry pan (medium heat).
3. Cook onions and garlic until soft and clear. Add carrot, red kidney beans, eggplant, zucchini, and tinned tomatoes. Reduce heat.
4. Simmer approximately 40 minutes until sauce thickens and eggplant very soft.
5. Add water if sauce to thick.
6. To made cheese sauce. Make cornflour into paste with 6 tbsp of milk. Add to milk and heat on low, stirring continuously. heat until sauce thickens. Take off heat, stir in 400g grated cheese.
7. spread ½ the vegetable mixture over the bases of two 25 x 35cm baking dishes. Top both dishes with 1/3 cheese sauce. Lay lasagne sheets over top. Repeat process. On the last layer of pasta sheet pour over the rest of the cheese sauce (making sure each dish has the same number of layers and sauces). And top with remaining cheese.
8. Bake 40 minutes or until top is golden and pasta is soft.
9. Serve warm.

Recipe Notes:

- Change to gluten free by using gluten free pasta.
- Substitute eggplant with pumpkin and sweet potato.
- Add roughly chopped spinach when adding cheese to white sauce.
- Substitute red kidney beans for red lentil or chickpeas
- Add thinly sliced tomato to top before sprinkling over cheese.

Food Group	Serves per portion
Vegetables	1.6
Fruit	
Grain foods	0.7
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0.9