

Vegetable Lasagne

OSHC

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 large brown onions, finely diced
- 3 teaspoons minced garlic
- 4 medium carrots, grated
- 4 medium zucchinis, grated
- 1 eggplant, peeled and 1cm diced
- 3 x 410g cans red kidney beans (no added salt), drained and rinsed
- 3 x 410g cans diced tomatoes (no added salt)
- 6 tablespoons cornflour
- 1.5L milk
- 500g grated cheddar cheese
- 500g wholemeal pasta sheets

Serves: 20

Prep Time: 20 mins

Cook Time: 1 hour 20 mins



Method

1. Preheat oven to 180°C.
2. Heat the extra virgin olive oil in a large pot over a medium heat.
3. Cook the finely diced onions and minced garlic until soft and clear. Add the grated carrots, grated zucchinis, diced eggplant, red kidney beans and diced tomatoes to the pot.
4. Reduce the heat and simmer for approximately 40 minutes or until the sauce thickens and the eggplant is soft. If the sauce becomes too thick, add water as needed.
5. To make the white sauce, heat a large saucepan over a low heat. Make a paste with the cornflour and 6 tablespoons of the milk and add to remaining milk, stirring continuously over a low heat until thickened. Take off the heat and stir through 400g of the grated cheddar cheese.
6. Spread half of the prepared vegetable mixture over the base of two baking dishes. Top both with approx. a third of the white sauce, then a layer of pasta sheets. Repeat this process again with the remaining vegetable mixture, a third of the white sauce and a layer of pasta sheets. Top the last layer with the remaining white sauce and sprinkle with the remaining 100g of grated cheddar cheese.
7. Bake for 40 minutes or until the top is golden brown and the pasta is soft.

Recipe Notes:

Make this recipe gluten free by substituting with gluten free pasta sheets. Substitute eggplant with other vegetables such as pumpkin or sweet potato, or red kidney beans with another legume such as lentils or chickpeas. Add in extra vegetables by stirring chopped spinach through the white sauce or adding slices of tomato before topping with cheese.

Food Group	Serves per portion
Vegetables	1.6
Fruit	0
Grain foods	0.7
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0.9