

VEGETABLE LASAGNE

SERVES 6 • ESTIMATED TOTAL PRICE \$26.22

Ingredients

Napoli Sauce

- 1 onion, diced
- Cooking oil spray
- 2 teaspoon minced garlic
- 3x 400g tins no-added-salt crushed tomatoes
- 1 tablespoon no-added-salt tomato paste
- 2 teaspoons ground black pepper

Lasagne Layers

- 240g pumpkin, thinly sliced
- 3 zucchini, thinly sliced
- 1 cup mushrooms, sliced
- 1 packet lasagne sheets
- 1 cup fresh basil, roughly chopped
- 1/2 cup cheese, grated
- 1 ½ cups baby spinach

Ricotta Sauce

- 520g fresh reduced-fat ricotta or cottage cheese
- 1 cup low-fat milk

Equipment

- Kitchen scales
- Saucepan
- Chopping board
- Chopping knives
- Teaspoon
- Baking paper
- Tray
- Stirring spoon
- Bowl
- Baking dish

Method

1. Preheat oven to 180°C.
2. Dice the onion.
3. Thinly slice pumpkin, zucchinis and mushrooms.
4. Roughly chop basil.

Napoli Sauce

1. Spray a saucepan with oil and place over medium-high heat.
2. Add onion and garlic, and then cook for 1–2 minutes, until soft.
3. Add crushed tomatoes, tomato paste and pepper and simmer for 15–30 minutes.

Lasagne Layers

1. Meanwhile, place pumpkin, zucchini, mushrooms and garlic on a lined baking tray. Spray with oil and season with pepper.
2. Bake in oven for 20–30 minutes, until tender.

Ricotta Sauce

1. Combine ricotta and milk in a large bowl and mix.
2. Add a little water if it's too thick. Set aside.

Lasagne Assembly

1. Spread a little Napoli sauce on the bottom of a baking dish.
2. Assemble lasagne layers in the following order: A thin layer of Napoli sauce. A layer of lasagne sheets, all of the baby spinach, sprinkle with some basil, all of the pumpkin, a third of the ricotta sauce and a layer of lasagne sheets, a thin layer of Napoli sauce, all of the mushrooms, sprinkle with some basil, a third of the ricotta sauce and a layer of lasagne sheets, a thin layer of Napoli sauce, all of the zucchini, the remainder of the Napoli sauce, a layer of lasagne sheets and the remainder of ricotta sauce, finish off with grated cheese.
3. Bake for 30 - 40 minutes, or until lasagne sheets are soft. Garnish with any extra chopped basil before serving.

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