

# VEGGIE LASAGNE

Lasagne is a firm family favourite but usually we think of it as containing a meat sauce. This lasagne is vegetarian and uses lots of lovely fresh vegetables to make a rich tomato 'ragu' (Italian for sauce). The 'ragu' sauce is layered with lasagne pasta sheets and a creamy white sauce called 'bechamel'. But for this recipe we've made things more simple and left out the bechamel making - instead using a layer of 'creme fraiche' and a sprinkling of grated Cheddar cheese.

The lasagne is baked in the oven until the pasta is cooked and cheese browned on the top. *If you don't have an oven you can cook a lasagne in the microwave, just follow the special instructions on the next page.*

Serves 4 - 6



## INGREDIENTS:

- 1 tablespoon olive oil (from week 1)
- 1 onion, peeled and very finely chopped
- 1 carrot, peeled and very finely chopped
- 1 celery stick, washed and finely chopped
- 2 cloves garlic, peeled and finely chopped
- 1 pepper (any colour), deseeded and chopped
- 1 small courgette, finely chopped
- 100g mushrooms, or 2-3 handfuls, wiped clean and finely chopped
- 2 teaspoons dried oregano (from Week 1)
- 1 pinch salt and pepper
- 1 x 400g tin chopped tomatoes
- 1 heaped tablespoon tomato puree
- 300ml creme fraiche
- 75g grated Cheddar cheese, or 3 large handfuls
- 8 to 10 pieces dried lasagne pasta sheets
- 1 ball Mozzarella

No need for kitchen scales if you don't have any. If weights are given we have suggested other ways of measuring

**EQUIPMENT NEEDED:**  
Chopping Board, Grater  
Vegetable Peeler,  
Vegetable Knife  
Teaspoon, Tablespoon  
Large Saucepan,  
Wooden Spoon,  
Ovenproof Dish,  
Ladle or a Large Spoon

## VEGANS

To make the lasagne vegan replace the creme fraiche with Soya Cream and the cheese with Vegan Cheese.

**LARGER FAMILIES** Double up the recipe and makes two lasagnes or one very large one! You should have enough ingredients to make two.

## MAKING AGAIN?

**Vary your veggies!** Add any you like or have in. This sauce would be just as delicious with any of these veggies: sweetcorn, peas, diced aubergine or green beans, shredded spinach, diced butternut squash or pumpkin, fresh tomatoes.

**For a classic meat lasagne** replace the red pepper and courgette with 300g of lean minced beef. Just cook the sauce for a little longer.

**Just make the sauce!** The sauce is delicious served on it's own with spaghetti or other pasta

## METHOD:

1. Start with gathering all the equipment you need and wash your hands well.

2. Prepare the onion, carrot, celery and garlic:

- Peel, slice and dice the onion into small pieces
- Peel the carrot and dice into very small pieces. You can do this by slicing into long lengthways slices, then cutting each of these into thin strips. Cut the strips into tiny pieces
- Wash the celery, slice into long thin strips then cut the strips into tiny pieces
- Peel and finely chop the garlic

Need some help with chopping onions? Then watch the recipe video OR check out YouTube

3. Heat the oil in a large saucepan. Gently cook the onion, carrot, celery and garlic for 5 minutes, stirring regularly so nothing catches.



4. Meanwhile prepare your other veggies:

- Half the pepper, remove the stalk and seeds with your hands. Slice into thin strips, then dice each strip into small pieces
- Slice the courgette into long thin lengths, slice each length into thin strips then cut across cutting each strip into small pieces

- Wipe the mushrooms clean with kitchen roll, slice into small pieces



5. Now add all these veggies to the saucepan and cook for 5 minutes, stirring regularly.



6. Stir in 2 teaspoons of oregano, a large pinch of salt and pepper, the tin of chopped tomatoes and 1 heaped tablespoon of tomato puree. Fill the empty tomato can about one quarter full with water and tip into the saucepan too. Give everything a good stir and bring to a gentle simmer.



7. Cook the sauce on a low heat for 15 minutes, add a little more water if it looks dry. The sauce is ready when the veggies are just tender. Taste and season with more salt and pepper until you are happy with the flavour.

8. Heat the oven to 200°C/180°C fan/Gas Mark 6. If you don't have an oven follow the instructions for cooking in a microwave below.



10. You are now ready to assemble the layers of lasagne. Spoon 1/3rd of the tomato and veggie sauce into the bottom of an ovenproof dish. Cover with a single layer of lasagne sheets, breaking pieces to fit if you need to. Now spread 1/3rd of the creme fraiche in a thin layer over the pasta and scatter over a handful of the grated Cheddar cheese.



11. Repeat with two more layers of tomato and veggie sauce, pasta sheets, creme fraiche and Cheddar. You should finish with a layer of the cream and cheese.



12. **OVEN COOKING INSTRUCTIONS** Tear up the Mozzarella cheese with your hands and dot pieces over the top of the lasagne. Place the dish in the hot oven and bake for 25 to 30 minutes until golden brown and bubbling on the top. Use a knife to check the pasta is tender and cooked through, if it isn't cook for a few more minutes.

**MICROWAVE INSTRUCTIONS:** Do not add the Mozzarella yet as above. After step 11 cover the lasagne with a double layer of cling film and pierce in a few places. Cook the lasagne for 10 minutes on a high setting. Remove the lasagne from the microwave and carefully take off the cling film, now dot pieces of the Mozzarella over the top. Re-cover and cook for a further 5 minutes on a high setting. Use a knife to check the pasta is tender and cooked through. If it isn't cook for a few minutes more. If you have a grill pop the lasagne under for a few minutes to brown the cheese.




**Need some extra help?** Then do call me on 07902 802982 and I can talk you through any lasagne making problems, we could even link up with a video call!  
Louisa x



**Watch the Video!** To help you make this dish at home the Healthy Lifestyles Team have videoed the recipe for you to watch. It can be seen on the WISH HEREFORDSHIRE site, along with lots of other healthy and tasty recipes: <https://www.wisherefordshire.org/growinglocal>



Lasagne originated in Naples, Italy during the Middle Ages. The first recorded recipe was set down in the early 14th-century!

 **Can you draw your lasagne? Or perhaps want to share your photos making, serving or eating it? Please email your lasagne masterpieces to [louisa@growinglocal.org.uk](mailto:louisa@growinglocal.org.uk). We would love to see them!**



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