

Vegetarian Lasagne

Serves 6 adults

This is a really good value recipe. The carrots give it sweetness, but you can use any vegetables you like. The main thing is to chop them up nice and small.

Ingredients

1 tablespoon cooking oil
1 onion
3 carrots
1 leek
3-4 cloves of garlic
1 carton chopped tomatoes with chilli
400g tin of lentils
200ml vegetable stock, made with a stock cube and boiling water
1 heaped tablespoon tomato puree
Lasagne pasta
570ml milk (1 pint)
25g plain flour
25g margarine
125g grated cheese



Method

1. First, prepare the vegetables:
Peel and chop up the onion.
Separate out the garlic cloves, peel and chop finely.
Peel and grate the carrots (or chop into small pieces).
Cut the root and upper leaves off the leek, cut in half lengthways and cut each half into small pieces. Wash well to remove any grit.
2. Fry the onion and garlic in the vegetable oil for 5 minutes.
3. Add the grated carrot and leek and cook for a further 5 minutes.
4. Drain and rinse the tinned lentils and add to the pan.
5. Add the chopped tomatoes, tomato puree and stock. Stir well.
6. Turn down the heat and leave to simmer while you make the cheese sauce. Stir occasionally to make sure it doesn't stick.
7. To make the cheese sauce, place the milk, flour and margarine in a saucepan.
8. Cook over a medium heat, stirring continuously with a whisk or wooden spoon, until the sauce becomes thick and smooth.
9. After that stir in most of the grated cheese, but leave some for the topping. Continue to stir well and cook for a further 2-3 minutes, until all the cheese has melted into the sauce.
10. Heat the oven to 180°C / 160°C fan / gas mark 4.
11. To make up the lasagne: place half the vegetable mixture in the bottom of a large ovenproof dish, cover with the lasagne sheets and then half the cheese sauce. Repeat, making sure the top lasagne layer is well covered with sauce.
12. Sprinkle the top with the rest of grated cheese.
13. Cook in the oven for 45 minutes, or until the top has browned and the pasta sheets are cooked through.