



FIVE LAYER VEGETABLE LASAGNE

Vegetarian main dish: This dish provides a portion of starchy food, and a portion of protein. It counts towards the food-based standard for lunch to provide a portion of starchy food every day, and a portion of meat, fish, eggs, beans or another non-dairy protein source each day.

Recipe adapted from: Sir John Gleed - Café Central team

Ingredients

For roast vegetables:

1kg mixed summer vegetables (such as broccoli, courgette, runner beans or broad beans).
600g red peppers, deseeded, diced.
50ml (3tbsp) vegetable oil
3g (3tsp) dried Mediterranean herbs
500g butternut squash, peeled and diced
300g aubergine, sliced

For the béchamel sauce:

50g unsaturated fat spread
25g (2tbsp) plain flour
1L semi-skimmed milk
25g Reduced-fat Cheddar cheese
500g spinach, washed
2g (2tsp) nutmeg
2g (2tsp) white pepper

For spicy tomato sauce:

100g onion, peeled and diced
8g (2 cloves) garlic
400g canned chopped tomatoes
60g (3tbsp) tomato puree
100ml water
3g (3tsp) dried mixed herbs
2g (2tsp) chilli powder
2kg canned red kidney beans, drained (drained weight 1.2kg)
850g (20 sheets)

Government Buying Standards for Food & Catering Services

For this recipe: choose oils and spreads based on unsaturated fats and choose hard yellow cheese which has a maximum total fat content of 25g/100g and milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Prepare the roast vegetables by placing the pepper on a baking tray and drizzle with the vegetable oil and dried herbs and roast for 10 minutes. Add the butternut squash to the peppers and roast for 10 minutes. Add the sliced aubergine to the butternut squash and peppers and roast for a further 10 minutes.
3. Prepare the béchamel sauce by mixing the margarine and flour in a pan together to form a paste, gradually add the milk and stir until the mixture thickens into a white sauce.
4. Divide the béchamel sauce into two lots. Add half the grated cheese, spinach, white pepper and nutmeg to flavour one lot of the sauce.
5. Prepare the spicy tomato sauce by heating the oil in another pan and soften the onion and garlic. Add the chopped tomatoes, tomato purée, water, mixed herbs, chilli powder and drained kidney beans, and cook for 5 minutes until the vegetables start to soften.
6. In a suitable dish, assemble the lasagne by layering bottom layer of pasta sheets with tomato sauce and aubergine, then another thin coating of tomato sauce, layer on pasta then spread with the smooth spinach mixture apply another layer of pasta sheets, top this with a thin coating of white sauce and layer with the butternut slices top again with pasta sheets, another thin layer of tomato sauce and top with the roasted peppers another layer of pasta sheets then cover with the thick béchamel sauce and sprinkle the top layer of cheese sauce with the remaining grated cheese and bake for 40 minutes until bubbling.

Serving suggestion: with salad and bread rubbed with garlic.

Number of portions this recipe makes:

15 primary servings (465g)
12 secondary servings (580g)



Prep: 20 minutes
Cook: 40 minutes



Allergy information:
Milk, wheat (gluten)



Top Tips

Swap the vegetables to reflect the seasons.