

Vegetable Lasagne

Ingredients

1 onion, diced
1 garlic clove
1 carrot, diced
2 celery sticks, diced
1 tbsp oil – from school
1 canned green lentils or baked beans
1 can chopped tomatoes
1tsp mixed herbs
1tbsp tomato puree
400ml crème fraiche, reduced fat
50g parmesan, grated or any cheese you like
Black pepper
10 lasagne sheets

You need to bring an oven proof dish to cook and take the lasagne home

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables: peel and chop the onion, peel and crush the garlic, peel and slice the carrot slice the celery.
2. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes.
3. Add the lentils or beans, tomatoes, herbs and tomato puree.
5. Blend the crème fraiche, half the grated parmesan cheese and pepper together in a small bowl.
6. Place an oven proof dish or foil tray on a baking tray spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.
7. Sprinkle the remaining grated cheese on top and bake for 20 minutes.