



STAR RECIPE:

VEGETABLE LASAGNE


(Serves 6)



This recipe is from the Week 1 Menu and the allergens group is noted in red: **Milk, Celery, Gluten**

Ingredients

300g butter	2 onions – chopped
300g plain flour	Olive oil – drizzle
200ml milk	1 celery stick – chopped
Nutmeg – tsp	1 carrot – chopped
White pepper - tsp	5 courgettes - chopped
5 peppers - chopped	3tsp tomato puree
2 tins of chopped tomatoes	1 bunch of fresh basil
Packet of lasagne sheets	Grated mozzarella – 2 handfuls




Method

For the Bolognese sauce

Add the onions, celery and carrots to a pan and sweat until soft. Add the peppers and courgettes and fry for a further 4 minutes. Add the tomato puree, chopped tomatoes and leave to simmer for 30 minutes. Finish with fresh basil and season to taste.


For the white sauce

Heat the milk in pan. In a separate pan melt the butter then add the flour. Stir constantly for 2-3 minutes to cook out the flour, this will make a roux. Once the roux is made add the milk a third at a time and whisk continuously. You will know when the mixture is ready as it will be able to coat the back of a spoon. Finish with grated nutmeg and season to taste.



To layer the lasagne

In a suitable dish add a ladle of the Bolognese sauce. Lay the lasagne sheets horizontally to cover the sauce (these do not need to be pre-cooked). Add another ladle of Bolognese sauce and a drizzle of white sauce. Then lay more lasagne sheets vertically and repeat this process twice. Make sure that each lasagne sheet is well covered by the sauce. On the top layer of lasagne sheets finish off with a ladle of white sauce. Then add the grated mozzarella cheese and bake at 165c for 35 minutes.



Serve with salad and enjoy 😊

