



VEGETABLE LASAGNE

INGREDIENTS

- 1 tbsp oil
- 1 onion
- 1 pepper, skinned
- 4oz mushrooms
- 4oz sweetcorn
- 1 courgette
- 1 tin tomatoes
- Tomato puree
- Italian herb seasoning
- 250ml vegetable stock
- 1 tbsp cornflour
- Lasagne sheets
- 1 pint cheese sauce

THIS LASAGNE IS PACKED WITH VEGETABLES MAKING IT A HEALTHIER ALTERNATIVE TO TRADITIONAL MEAT LASAGNE

DIRECTIONS

- 1. Heat the oil and fry the onions. Add mushrooms, courgettes, tomatoes, tomato puree, sweetcorn and pepper*
- 2. Add stock and simmer, season to taste*
- 3. Thicken with cornflour if necessary*
- 4. Layer the lasagne starting with a thin layer of cheese sauce at the bottom, then lasagne, then vegetable mixture. End with a layer of lasagne and cover with cheese sauce*
- 5. Bake at gas 5/190C for 30-40 minutes*