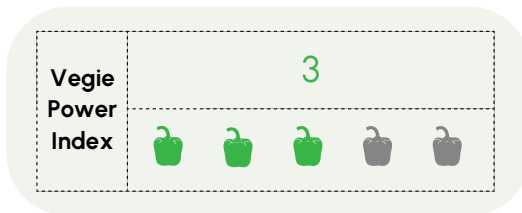


Vegetable Lasagne



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 125 MINUTES

BASED ON: 15 SERVES

INGREDIENTS

	SERVES 15	SERVES 36	SERVES 72
Polyunsaturated oil	2 Tbsp	4 Tbsp	8 Tbsp
Garlic cloves, crushed	1	2	4
Large onions, chopped	1	2	4
Celery sticks, chopped	1 ½	4	8
Capsicum, seeded and chopped	1	2	4
Medium zucchini, chopped	1	2	4
Baby eggplants, chopped	1 ½	4	8
Mushrooms, sliced	80 g	210 g	420 g
Medium carrot, peeled and chopped	1	2	4
Tomato paste	120 g	290 g	580 g
810 g can chopped tomatoes and juice	1 can	2 cans	4 cans
Water (or vegetable stock)	300 mL	780 mL	1.6 L
Dried oregano	2 Tbsp	4 Tbsp	8 Tbsp
Cornflour	¼ cup	¾ cup	1 ½ cups
Reduced-fat milk	625 mL	1.6 L	3.1 L
Nutmeg	½ tsp	1 tsp	2 tsp
Black pepper (to taste)			
Reduced-fat cottage/ricotta cheese	210 g	520 g	1 kg
Reduced-fat tasty cheese	100 g	260 g	520 g
Instant lasagne sheets	10	25	50

METHOD

1. Set oven to 180°C
2. Heat oil in a large pan. Add garlic, onion and celery - cook until softened
3. Add capsicum, zucchini, eggplant, mushrooms and carrots
4. Combine well, cover with a lid to cook gently for 10 minutes
5. Stir in tomato paste, tomatoes and juice, water and oregano
6. Bring to the boil, cover and simmer till vegetables are tender (20 - 30 minutes)
7. Blend the cornflour with a little milk and add to remaining milk
8. Transfer to a saucepan and bring to the boil stirring constantly till thickened and smooth
9. Add nutmeg and pepper
10. Pour approximately ½ cup of the sauce into the cottage/ricotta cheese and set aside
11. Spread one third of the vegetable mixture on the base of a 23 cm x 33 cm lasagne pan
12. Cover with 4 lasagne sheets
13. Spread another third of the mixture over and spread the cottage cheese mixture over the top
14. Continue with another layer of lasagne then the remaining vegetable mixture
15. Pour the white sauce evenly over the top and sprinkle with grated cheese
16. Bake 45-50 minutes until brown and bubbling
17. Allow to stand before cutting into portions