

# Lentil Lasagne

## Ingredients

Click the image below for a [video guide](#).



- 1 tsp oil
- 1 onion, chopped
- 1 carrot, sliced
- Handful of frozen veg
- 1 garlic clove, peeled and crushed
  - 300g lentils
- 1 x chopped tomatoes tin
  - 1 tsp oregano
- Cauliflower, cut into florets
  - 2 tbsp milk
- 6 lasagne sheets

## Method

1. Rinse your lentils with cold water then place in a pan with enough water to cover approx 2cm higher than where the lentils sit. Bring to a boil then gently simmer for 20 minutes or until the lentils have absorbed the majority of the water.
2. Meanwhile, about 10 minutes before your lentils are ready, start to cook your cauliflower in a pan of hot water until soft. This should take approx 10/15 minutes.
3. While the cauliflower cooks, begin to heat the oil in a pan and add your onion, carrot and any additional veg you want to include for a few minutes until the onions soften.
4. Add in your tomatoes and oregano, stir well for 5 minutes before adding in your cooked lentils, stir and cover until the lentil mixture thickens. This is your lentil mix which you will use for 2 layers and then to top.
5. When your cauliflower is cooked, drain. You can make your cauliflower purée by adding the cooked cauliflower to a food processor alongside the milk, or mash by hand as smoothly as possible. This is your purée which you will use in the middle layer as well as to top.
6. In an ovenproof dish add your first layer of lentil mix to the bottom before placing over a single layer of lasagne sheets. Top with another layer of lentil mix then a layer of cauliflower purée before topping again with lasagne sheets.
7. Finish by placing over the remaining lentil mix, followed by remaining lasagne sheets and finally the remaining purée.
8. Cover loosely with foil and bake for 30/35 minutes at 200°C.

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## The Finer Details

**Per Portion**  
**399** Calories  
**21g** Protein  
**47g** Carbs  
**3g** Fat

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