

Lentil Lasagne

Ingredients



- 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 the lentils with cold water and place them in a pan. Add enough water to cover the lentils by approximately 2cm. Bring to a boil, then reduce the heat and simmer gently for 20 minutes or until most of the water is absorbed by the lentils.
2. While the lentils cook, in a separate pan, cook the cauliflower in hot water until soft. This should take approximately 10-15 minutes.
3. In another pan, heat the oil and sauté the onion, carrot, and any additional vegetables you want to include until the onions soften.
4. Add tomatoes and oregano to the pan. Stir well for 5 minutes, then add the cooked lentils. Stir and cover until the lentil mixture thickens. This will be used as the lentil mix for 2 layers and as a topping.
5. Drain the cooked cauliflower and prepare cauliflower purée by blending it with milk in a food processor until smooth. Alternatively, mash it by hand until smooth. This will be used for the middle layer and as a topping.
6. In an ovenproof dish, start with a layer of lentil mix at the bottom. Place a single layer of lasagne sheets on top. Add another layer of lentil mix, followed by a layer of cauliflower purée. Repeat with another layer of lasagne sheets.
7. Finish by adding the remaining lentil mix, remaining lasagne sheets, and finally, the remaining cauliflower purée.
8. Loosely cover the dish with foil and bake at 200°C for 30-35 minutes.

The Finer Details

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