

Lentil and Chickpea Lasagne

Ingredients

For the filling:

- 1 diced onion
- 1 sliced red pepper
- 1 sliced green pepper
- 2 sliced celery sticks
 - 4 sliced chillies
- 3 tsp garlic granules
- 1 tbsp smoked paprika
- 1 tin of chopped tomatoes
 - 1 tsp brown sugar
- 300ml vegetable stock
 - 100g red lentils
 - 1 tin of chickpeas

For the cauliflower topping:

- 1 cauliflower, cut into florets
 - 50ml milk
 - 50g grated cheese
 - 1 tbsp black pepper

Methods

Let's make the base:

1. Fry the onion, peppers, celery sticks, and chillies in a pan.
2. Add a tablespoon of smoked paprika, then add tomatoes, brown sugar, and vegetable stock.
3. Stir in the red lentils and tin of chickpeas.
4. Simmer for 20 minutes.

Let's make the topping:

1. Cook the cauliflower, then blend it with a bit of milk until smooth. Season well.
2. Layer lasagne sheets with the lentil/chickpea mixture and top the final layer with the pureed cauliflower.
3. Sprinkle grated cheese and black pepper over the top.

Baking:

1. Preheat the oven to gas mark 6 (200°C).
2. Bake in the oven for 20 minutes.