

Rescue recipe

This recipe is great for using up any vegetables you have in the fridge that need eating.



Vegetable Lasagne

By Caroline Marson

Feeds 2 adults and 2 children

1 tablespoon olive oil
175g onions, peeled and finely chopped
2 small courgettes cut into 2.5cm dice
1 small pepper, cored and cut into 2.5cm squares
150g butternut squash, peeled and cut into chunks, optional
1 large leek, cut into discs, optional
1 garlic clove, peeled and crushed
400g tin chopped tomatoes
4 tablespoons tomato puree
Salt and ground black pepper
300ml water or vegetable stock
225g pre-cooked lasagne

Cheese sauce

40g butter or margarine
35g plain flour
560ml milk
1/2 teaspoon mustard, English, Dijon or wholegrain
125g Cheddar cheese, grated
Pumpkin seeds

1. Preheat the oven to 180°C (350°F) gas mark 4. Grease a deep 30cm square ovenproof dish with a little oil.
2. In a frying pan heat the onions, courgettes, peppers and garlic in the remaining oil for a few minutes. Then add the tomatoes, tomato puree, seasoning and water or vegetable stock. Bubble for 10-15 minutes.
3. To make the cheese sauce, place all ingredients except the cheese and pumpkin seeds in a small saucepan and whisk continuously over a medium heat until the sauce begins to boil and thicken. Turn down the heat to its lowest and let the sauce cook for 2 minutes. Add half of the grated cheese.
4. Into the baking dish, pour one quarter of the sauce, followed by one third of the vegetable mixture. Sprinkle in a third of the cheese and follow this with a single layer of lasagne sheets. Repeat this process, ending up with a final layer of sauce, then a good sprinkling of cheese and the pumpkin seeds for added crunch.
5. Cook in the oven for 25-30 minutes or until golden and bubbling.

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