

# Vegetable lasagne

Serves 3 - 4

## Ingredients

### Tomato sauce

- 1 tbsp olive oil for frying
- 2 onions – peeled and chopped
- 2-4 garlic cloves, crushed
- freshly ground black pepper
- 400g tin chopped tomatoes
- 3 tbsp tomato purée
- 2 tsp yeast extract
- 1 tbsp herbs for seasoning
- 600ml vegetable stock
- 300g frozen soya mince

### White sauce

- 60g dairy-free margarine
- 60g plain flour
- 750ml unsweetened soya milk
- 1 tsp English mustard
- 120g melting dairy-free cheese grated
- 4 tbsp Engevita nutritional yeast flakes (fortified with vitamin B12)
- freshly ground black pepper

### Layers and topping

- 1 pack of egg-free lasagne sheets
- 50g melting vegan cheese, grated

## Method

1. Pre-heat oven to 190°C Gas Mark 5.
2. In a large pan, heat 1 tbsp of oil, and fry the onions until soft. Add the garlic, black pepper, chopped tomatoes, tomato puree, yeast extract and herbs. Pour the vegetable stock into the pan, followed by the soya mince. Cook until the mince has absorbed most of the liquid and then turn off the heat.
3. Meanwhile, make the white sauce by melting the margarine in a saucepan. Once melted, stir in the flour and cook for a further minute, stirring constantly so as not to burn. Then slowly add the soya milk and mustard to the flour mixture and stir constantly. Stir in the dairy-free cheese and bring to the boil. Then simmer for a few minutes until a nice thick 'custard' is made, stirring frequently. Taste it, season with pepper and add the nutritional yeast flakes.
4. In a large oven dish, put a layer of the tomato sauce, then a layer of lasagne sheets over this, then a layer of white sauce. Repeat the layers, ending with the white sauce. Sprinkle with grated cheese.
5. Cook in the oven for 40 mins or until browned on top. Check a knife will cut easily through. Let the dish stand for 5 to 10 minutes before eating.



# Lasagne with creamy spinach and roast vegetables

Serves 4

Prep time: 45 min

Cook time: 1 hour 15 min

Total time: 2 hours

## Roast vegetables

- ½ medium courgette (125g), chopped into half circles about 5mm thick
- ½ medium red pepper, sliced
- 1 medium red onion, sliced
- 1 tbsp oil
- pinch salt
- pinch dried rosemary
- 225g mushrooms, chopped



Put everything except the mushrooms into a large tray and mix together. Roast for 20 minutes at 200°C. The vegetables should be starting to brown. Stir in the mushrooms and roast for another 20 minutes.

Drain the vegetables and mushrooms in a sieve. Discard the water that drains out, or if you like, it can be used in the white sauce to make up the 140ml (¼ pint) of water. It adds lovely extra flavour, but bear in mind it will colour the sauce, so, if you are wanting a light colour sauce on top, give this a miss.

## Creamy spinach

- 150g spinach (frozen and defrosted, or tinned and drained)
- ½ pkt (175g) silken tofu
- 14g fresh basil, chopped
- 1½ tsp vegan vegetable bouillon (or vegetable stock)
- ½ tsp sumac\*
- ¼ tsp allspice

Put all the ingredients into a bowl and massage together with your hands.

\* Sumac is a tangy, lemony spice often used in Mediterranean and Middle Eastern cooking.

## Tomato sauce

- 200g tinned chopped tomatoes
- 1½ cloves garlic, crushed
- ¼ tsp salt
- 25g tomato purée
- 1 tbsp olive oil
- ½ tsp lemon juice

Mix everything together. There is no need to cook as the tomatoes are already cooked and will cook further in the oven.

### White sauce

- ½ tbsp oil
- 140ml (¼ pint) soya milk (fortified with calcium and vitamin B12)
- 140ml (¼ pint) water
- 14g plain flour
- pinch black pepper
- 10g Engevita nutritional yeast flakes (fortified with vitamin B12)

Put everything except the yeast flakes into a saucepan. Whisk well, keep whisking and bring to the boil. Take off the heat and stir in the yeast flakes.

### Layers and topping

- 1 pack of egg-free lasagne sheets
- 50g melting vegan cheese, grated

### To assemble

Oil a large deep dish. Layer as follows:

1. Layer of lasagne sheets
2. Creamy spinach
3. Tomato sauce
4. Double layer of lasagne sheets
5. Roast vegetables
6. Half the white sauce
7. Layer of lasagne sheets
8. Rest of the white sauce
9. Topping of grated melting cheese

Bake at 180°C for 45 minutes or until piping hot.

Gluten-free option: Use gluten-free lasagne sheets and gluten-free flour in the white sauce. Ensure that all other ingredients are gluten-free.

Recipe courtesy of Fairfoods [www.fairfoods.org.uk](http://www.fairfoods.org.uk)

