



ROASTED VEG LASAGNE



INGREDIENTS

For the vegetable sauce:

- 2 red onions - peeled and cut into thick slices
- 2 sweet potatoes - peeled and cut into chunks
- 2 peppers - cut into chunks
- 1 courgette—cut into chunks
- 2 teaspoons vegetable oil
- $\frac{1}{2}$ teaspoon garlic granules
- 1 teaspoon smoked paprika and mixed herbs
- 1 large can chopped tomatoes
- 2 teaspoons tomato puree
- dried **lasagne** sheets or 4 wraps

For the couscous and serving:

- 500ml low fat plain natural **yogurt**
- 2 **eggs** - beaten
- $\frac{1}{2}$ low salt vegetable **stock** cube - crumbled
- 75g reduced fat mature cheddar **cheese**

EQUIPMENT

chopping board, sharp knife, mixing bowl,
teaspoon, jug, fork, medium oven-proof dish

SERVES: 4

PREP TIME: 30 minutes

COOK TIME: 35-40 minutes

ALLERGENS: cereals containing gluten,
sulphates, milk, egg,
mustard, celery

METHOD

- 1** Heat the oven to 200°C/Gas 6.
- 2** Prepare the vegetables and place in the mixing bowl. Add the oil, garlic, paprika and herbs and mix together. Transfer the vegetables to the baking tray and roast in the oven for 20-25 minutes until they are soft and slightly crisp at the edges.
- 3** In a jug, measure the yogurt. Then crack* the eggs into a small bowl and add the to the jug. Finally add the stock cube and lightly beat together with a fork. (*Always wash your hands thoroughly after handling raw eggs.)
- 4** To make the lasagne, cut the lasagne sheets or wraps to the side of your oven proof dish. Then place a layer of roasted vegetables in the bottom of the oven proof dish, the add a layer of lasagne and white sauce. Continue these layers until all of the vegetable mixture has been used and finish with a layer of white sauce.
- 5** Sprinkle the sauce with the grated cheese and bake for 35-40 minutes until bubbling and golden-brown.
- 6** Serve the lasagne with a green side salad.