

Vegetable Lasagne

MANSFIELD RESPOND



INGREDIENTS

Vegetable Sauce

- 2tbs olive oil
- 3 large carrots, chopped
- 1 red capsicum, chopped
- 1 medium zucchini, chopped
- 1 medium brown onion, chopped
- 2 cloves garlic, minced
- 1/4 tsp salt
- Approx. 150g baby spinach

Tomato Sauce

- 800g tinned chopped tomatoes
- 1/2 cup roughly chopped basil, extra to garnish
- 2tbs olive oil
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/4 tsp chilli flakes

Remaining Ingredients

- 2 cups low fat cottage cheese
- 1/4 tsp salt
- Black pepper to taste
- Approx. 9 lasagne sheets
- 2 cups grated mozzarella

Community Bank
Mansfield & District

 Bendigo Bank


Respond

Vegetable Lasagne



DIRECTIONS

1. Preheat oven to 220 degrees Celcius.
2. For the vegetable sauce, cook the vegetables in the olive oil in a skillet/pan for 8-12 minutes. Add the spinach and cook for another 3 minutes, or until it has wilted. Remove mixture from skillet/pan and set aside.
3. For the tomato sauce, drain excess liquid from tinned tomatoes. Place in a food processor, along with basil, olive oil, salt, garlic and chili flakes. Pulse 10 times, or until well combined. Set aside in a bowl.
4. Rinse the food processor, dry, and then add 1/2 of the cottage cheese and process until smooth. Transfer to a bowl and set aside.
5. Add 1/2 of cooked vegetable mixture to food processor and process until it reaches a medium chopped consistency, not a puree.
6. In a large bowl, combine both sets of cottage cheese, as well as both sets of vegetable sauce, mix with spoon until combined. Add salt and pepper to taste.
7. To assemble use a 9x9" baking tray and layer: tomato sauce > lasagne sheets > vegetable & cottage cheese mixture > tomato sauce > grated cheese =, and then repeat once more.
8. Cover with foil, ensuring it does not make contact with top layer of cheese.
9. Bake in oven for 18 minutes covered, then remove the foil, rotate tray in oven and cook for a further 12 minutes.
10. Let sit for at least 20 minutes before serving.