

Farmhouse Vegetable Lasagne

Serves: 8

Prep time: 30 minutes

Cook time: 1 hr 30 minutes



3 serves per portion

Ingredients

2 tablespoons extra virgin olive oil
1 brown onion, diced
2 cloves garlic, minced
1 medium capsicum, diced
2 sticks celery, diced
2 medium carrots, diced
1 small eggplant, diced
1 medium zucchini, grated
1 cup mushrooms, diced
3 tablespoons tomato paste
400g can tomatoes, reduced salt
1 cup vegetable stock, reduced salt
1/3 cup red wine (optional)
1/2 bunch rosemary
1 tablespoon fresh parsley

Method

PREHEAT oven to 160°C.

HEAT oil in a large saucepan and cook onion until softened, about 5 minutes, then add garlic and all other vegetables. Cook for a few minutes stirring constantly.

ADD tomato paste, canned tomatoes, vegetable stock, wine and herbs.

BRING to the boil and simmer for about 30 minutes. Do not reduce the sauce too much as any excess will be absorbed in the pasta/lasagne sheets.

HEAT milk and nutmeg in saucepan, add cornflour and stir until it thickens.

LAYER the tomato sauce, a lasagne sheet and white sauce in the baking dish. Repeat with two more layer.

SPRINKLE with cheese and bake for approximately 45 minutes to an hour.



Everyday Food

2 tablespoons dried thyme
1 tablespoon dried oregano
1 tablespoon dried sage
Pepper, to taste
White sauce:
1 litre milk, reduced fat
Pinch nutmeg
4 tablespoons cornflour
375g lasagne sheets
1/4 cup cheese, grated

Recipe courtesy of Anne Fomiatti, Texas Branch