

Vegetable lasagne

Prep time: 30 minutes

Cook time 1 hour

Serves 2

- 25g (1oz) dried split red lentils
- 1 tsp vegetable oil
- 55g (2oz) onion, finely chopped
- 55g (2oz) carrot, finely chopped
- 55g (2oz) celery, finely chopped
- 1 small red pepper, finely chopped
- 1 clove garlic, crushed
- 55g (2oz) mushrooms, finely chopped
- 220g can tomatoes
- 100ml (4fl oz) reduced-salt stock
- 75g (3oz) fresh lasagne sheets
- 25g (1oz) reduced-fat spread
- 25g (1oz) plain flour
- 200ml (7fl oz) semi-skimmed milk
- 25g (1oz) reduced-fat mature cheddar cheese

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Instructions

Cook lentils in water for 15–20 minutes or until tender. Drain well.

Heat oil in saucepan. Fry onion, carrot, celery and garlic, until soft and golden. Add mushrooms. Cook, stirring, until golden.

Stir in tomatoes, cooked lentils and stock. Season with pepper. Bring to boil. Reduce heat and simmer until veg is soft.

Meanwhile, put reduced-fat spread, flour and milk in pan. Whisk constantly over medium heat until it boils. Reduce heat, whisking until sauce is thick and smooth. Stir in all but teaspoon of cheese.

Layer lentil mixture with lasagne sheets in two small ovenproof dishes. Finish with a layer of lasagne.

Spoon cheese sauce on top. Sprinkle remaining cheese over. Chill for up to two days or freeze (defrost overnight in fridge before cooking).

Bake at 200°C/180°C fan/gas mark 6 for 25–30 minutes until golden and piping hot.

Recipe courtesy of the British Heart Foundation