

Vegetable Lasagne



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Lasagne Sheets	15 g	150 g	750 g	1.5 kg	3 kg
Plain Flour	8 g	75 g	375 g	750 g	1.5 kg
Onions	8 g	75 g	375 g	750 g	1.5 kg
Tomato Paste	13 g	133 g	667 g	1.33 kg	2.67 kg
Semi Skimmed Milk	57 ml	572 ml	2.86 L	5.72 L	11.43 L
Plain Flour	4 g	38 g	188 g	375 g	750 g
Margarine	3 g	33 g	167 g	333 g	667 g
Reduced Fat Cheese (Cheddar Type)	6 g	57 g	283 g	567 g	1.13 kg
Chopped Tomatoes	38 g	375 g	1.88 kg	3.75 kg	7.5 kg
Carrots	21 g	208 g	1.04 kg	2.08 kg	4.17 kg
Peas	3 g	33 g	167 g	333 g	667 g
Sweetcorn	3 g	33 g	167 g	333 g	667 g
Green Beans	3 g	33 g	167 g	333 g	667 g
Courgettes	21 g	208 g	1.04 kg	2.08 kg	4.17 kg
Red Lentils	21 g	208 g	1.04 kg	2.08 kg	4.17 kg

Method

Fry the onions and garlic until golden brown, add all the vegetables and fry further, add cooked lentils.

Add the tomato puree and cook to a rust colour

Add chopped tomatoes, bring to the boil and simmer for ½ hour, adding water if necessary to loosen sauce

To make the topping sauce.

Cook the butter and flour together to form a roux

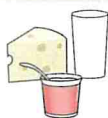
Add the warm milk, stirring continuously until thickened

Add half grated cheese

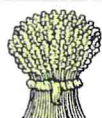
Layer the vegetables and lasagne twice, top with the cheese sauce, finish with the remaining cheese

Bake at 180c until glazed and 75c

Assembled Tags



Contains Milk



Contains Wheat