



UCCOOK

Cheesy Vegetable Lasagna

with mozzarella cheese & lentils

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Ntirida | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	431kj	4330kj
Energy	103kcal	1035kcal
Protein	5.5g	54.9g
Carbs	15g	150g
of which sugars	3.5g	35.5g
Fibre	3.5g	35g
Fat	2.4g	24.5g
of which saturated	1g	10.4g
Sodium	108mg	1090mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel & finely dice</i>
15ml	30ml	NOMU Spanish Rub
100g	200g	Tomato Passata
120g	240g	Tinned Lentils <i>drain & rinse</i>
4	8	Lasagna Sheets
30ml	60ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
60g	120g	Grated Mozzarella Cheese
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10g	20g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)
Butter
Tea Towel

1. LEKKER LASAGNE SAUCE Preheat the oven to 200°C. Bring a pot of salted water to the boil. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion, the peppers, and the carrot until turning golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml [300ml] of water. Simmer until thickening, 10-12 minutes. In the final 3-5 minutes, add the lentils. Remove from the heat, add a sweetener and season.

2. PREP STEP When the pot of salted water is boiling, add the lasagne sheets - 4 sheets at a time. Cook until al dente, 6-8 minutes (shifting occasionally). You will need to do this step in batches. Remove from the pot and immediately place in a bowl of cold water. Once cooled, drain on a clean tea towel in a single layer - don't pile them up as they will stick together! Reserve the pasta water.

3. BECHAMEL Place a pot over medium heat with 30g [60g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out until lightly golden, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens. If the béchamel is too thick for your liking, add the reserved pasta water until saucy consistency. Remove from the heat and season.

4. LAYERS OF FLAVOUR Cover the base of an oven-proof dish in the saucy lentils. Top with a layer of the bechamel. Cover with a blanched lasagna sheet. Repeat the layers until all components have been used up, making sure the final layer is saucy. Top with the cheese. Bake in the hot oven until the cheese is melted, 10-12 minutes.

5. SOME FRESHNESS In a bowl, combine the salad leaves, the sunflower seeds, and a drizzle of olive oil. Toss to coat and season.

6. PLEASE YOUR PALATE Dish up a heaping helping of the cheesy vegetable lasagna alongside the fresh salad. Tuck in, Chef!