



# UCOOK

## Vilafonté's Mushroom Lasagna

with carrot & NOMU Spanish Rub

Tonight you can look forward to lowering your fork through layers of creamy bechamel sauce, al dente lasagne sheets, & a rich medley of carrot, onion, lentils, & golden mushrooms - all spiced with NOMU Spanish Rub. Covered with a crispy layer of melted mozzarella cheese.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Vilafonté Winery

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Veggie

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 Vilafonté | Seriously Old Dirt 2021

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly dice 1½</i>
240g	Carrot <i>rinse &amp; roughly dice</i>
190g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
30ml	NOMU Spanish Rub
300ml	Cooked Chopped Tomato
360g	Tinned Lentils <i>drain &amp; rinse</i>
12	Lasagne Sheets
90ml	Cake Flour
300ml	Low Fat UHT Milk
240g	Grated Mozzarella & Cheddar Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Sugar/Sweetener/Honey  
Tea Towel

**1. TOMATOEY VEGGIES & LENTILS** 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 diced onion, the diced carrot, and the sliced mushrooms until turning golden, 7-8 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Pour in the chopped tomato and 450ml of water. Simmer until thickening, 12-15 minutes. In the final 3-5 minutes, add the rinsed lentils. Remove from the heat, add a sweetener (to taste), and season.

**2. BLANCHED LASAGNE** 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). 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. BEGIN THE BECHAMEL** Place a pot over medium heat with 90g 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. LAYER UPON LAYER** Cover the base of an oven-proof dish in the saucy mushrooms. 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. LEKKER LASAGNE** Dish up a heaping helping of the cheesy mushroom lasagna. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	564kJ
Energy	135kcal
Protein	7.7g
Carbs	18g
of which sugars	3.7g
Fibre	4g
Fat	3.8g
of which saturated	2g
Sodium	152mg

## Allergens

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

Eat  
Within  
3 Days