



UCOOK

Cheesy Vegetable Lasagna

with mozzarella cheese & lentils

Lasagna is one of those dishes you can always count on. After blanching lasagne sheets until al dente, you will layer these with a tangy tomato & lentil sauce and decadent mozzarella cheese. Bake until the top is oozing with melted deliciousness, then dish up to your heart's content.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: UCOOK

 Veggie

 Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
1	Bell Pepper <i>rinse, deseed & roughly dice ½</i>
120g	Carrot <i>rinse, trim, peel & finely dice</i>
15ml	NOMU Spanish Rub
100g	Tomato Passata
120g	Tinned Lentils <i>drain & rinse</i>
30ml	Cake Flour
100ml	Low Fat UHT Milk
80g	Grated Mozzarella Cheese
4	Lasagna Sheets
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

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

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 diced 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 of water. Simmer until thickening, 10-12 minutes. In the final 3-5 minutes, add the rinsed 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. 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. BECHAMEL Place a pot over medium heat with 30g 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 shredded salad leaves, the sliced olives, 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!

Nutritional Information

Per 100g

Energy	470kJ
Energy	112kcal
Protein	6.5g
Carbs	15g
of which sugars	3.6g
Fibre	4.3g
Fat	2.8g
of which saturated	1.5g
Sodium	238mg

Allergens

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

Cook
within 3
Days