



Eat Within 4 Days

UCCOOK

Cheesy Vegetable Lasagna

with mozzarella cheese & lentils

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

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

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim, peel & finely dice</i>
45ml	60ml	NOMU Spanish Rub
300ml	400ml	Tomato Passata
360g	480g	Tinned Lentils <i>drain & rinse</i>
12	16	Lasagna Sheets
90ml	125ml	Cake Flour
300ml	400ml	Low Fat UHT Milk
180g	240g	Grated Mozzarella Cheese
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
30g	40g	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 450ml [600ml] 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 90g [120g] 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!