



Food For Thought Recipe and Allergen Card

Vegetable Lasagne

100 Portions

Ingredient	Hannah Product Code	Quantity
Courgette – Diced		2k
Aubergine – Diced		2k
Red onion – Diced		2k
Sweetcorn – Diced		1k
Peas		1k
Carrot - Diced		2k
Mushrooms		1k
Grated cheddar		
Oregano		For sprinkling
Tomato Sauce (see recipe)		10 ltr
Bechamel Sauce (see recipe)		10 ltr
Lasagne sheets	D005001	
Olive Oil	D001010	

RECIPE METHOD – ALLERGENS

1. Prepare the **béchamel sauce**, and **tomato sauce** as per the FFT recipe, keep warm
2. In a separate large heavy bottomed pan, heat enough oil to fry the vegetables
3. Add the aubergine, courgette, red onion and carrot and stir well
4. Cook for at least 10 minutes until the vegetables are nearly tender
5. Add the tomato sauce and stir well
6. Cook for at least 20 minutes, then add the peas and sweetcorn
7. The consistency of the sauce must be quite runny, as the pasta will soak up lots of the sauce during cooking
8. In the bottom of a ceramic baking dishes add a layer of **lasagne sheets**
9. Then add a generous layer of the tomato and vegetable sauce, until it reaches 2/3 of the dish
10. Add a layer of lasagne sheets
11. Ladle a generous layer of béchamel sauce, and sprinkle with **grated cheese** and oregano
12. Bake in the oven at 180°C, until the sauce is bubbling and the pasta is well cooked

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...