



## Vegetable Lasagna

Ingredient	10 Portions	50 Portions	100 Portions
Courgette – Diced	200g	1 kg	2 kg
Aubergine – Diced	200g	1 kg	2 kg
Red onion – Diced	200g	1 kg	2 kg
Sweetcorn – Diced	100g	500g	1 kg
Peas	100g	500g	1 kg
Carrot – Diced	200g	1 kg	2 kg
Mushrooms	100g	500g	1 kg
Grated cheddar			
Oregano	For sprinkling	For sprinkling	For sprinkling
Tomato Sauce (see recipe)	1 ltr	5 ltr	10 ltr
Bechamel Sauce (see recipe)	1 ltr	5 ltr	10 ltr
Lasagne sheets			
Olive Oil	For frying	For frying	For frying

### Method

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

**Allergens** Wheat, Milk, Celery