

Vegetable Lasagne

Serves 4



1 med onion
3 cloves garlic
2 courgettes
3 peppers
1 aubergine
1 glass red wine (optional)
1 tin chopped tomatoes
vegetable stock powder
oregano
lasagne sheets

Creamy Sauce

75g dairy-free margarine
50g plain flour
500ml soya or oat milk
English mustard
2 cloves garlic, crushed
vegetable stock powder
4 tablespoons nutritional yeast
2 teaspoons Marmite
50g vegan hard cheese, grated

1. Finely chop the onion. Chop the vegetables how you like but all a similar size.
2. Heat a little vegetable oil in a large saucepan on a medium heat. Add the onion and stir over the heat for 1 minute. Lower the heat and place a lid on the saucepan.
3. While the onion is softening, finely chop the garlic and oregano.
4. Increase the heat and add the garlic to the onion. Stir for 1 minute then stir in the remaining vegetables and herbs. Reduce the heat and put the lid on. Cook for 2 minutes.
5. Increase the heat and stir in the red wine. Stir until the wine is reduced until almost nothing then pour in the tinned tomatoes and chopped herbs. Cook for 5 minutes. Add vegetable stock powder and pepper to taste.
6. Layer the vegetable mixture and lasagne sheets in the dish starting with the lasagne sheets. Leave the top sheets off until you are adding the creamy sauce or they will curl up.
7. Creamy sauce – Melt the dairy-free margarine in a large saucepan. Stir in the crushed garlic then the flour.
8. Stir in the soya milk a little at a time until the sauce is the right consistency. Add a teaspoon of mustard, 2 teaspoons marmite, nutritional yeast and vegetable stock powder to taste. Lower the heat and leave to cook for about 10 minutes.

9. Grate the vegan cheese. Add about half of the cheese and check the flavour.
10. Add the final layer of lasagne sheets and pour over the sauce. Sprinkle with the remaining grated vegan cheese. The lasagne can now be stored in the fridge for up to three days or frozen at this stage.
11. To cook – place in the oven at 190°C/170°C fan oven/gas mark 5 for about 40 minutes until piping hot.