

Vegetable Lasagna and Garlic Bread

Serves 10

Ingredients	
180g onions, diced	Black pepper
90g mixed peppers, diced	320g canned chopped tomatoes
180g carrots, diced	1 tbsp (15g) tomato puree
90g mushrooms	200ml water
100g red lentils	200g lasagna sheets
1 (6g) clove garlic	90g plain flour
½ tsp (2.5g) mixed herbs	¼ tsp (1.5g) mustard powder
100ml milk	90g cheddar cheese

- **METHOD:**
- Pre heat the oven to 180C, 350F, Gas 4. Place the lentils in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes.
- Place the diced onion, peppers, carrots and crushed garlic in a saucepan with a little water and cook until soft. Add the lentils mushrooms, herbs, tomato puree, tomatoes, pepper and water.
- Make a white sauce: blend the flour with a little water, make up the dried milk and pour the flour mix into the milk, bring to the boil stirring all the time, and then add mustard powder and grated cheese.
- In a large tray, layer the lentil sauce, lasagne sheets and cheese sauce, ending with a layer of sauce.
Bake in the oven for 45 minutes to 1 hour.
- Serve with garlic bread



- ✓ **COOK'S TIP: MAKE A CARROT AND POTATO PUREE FOR WEANING DIETS**
- ✓ **FOR WHEAT FREE AND MILK FREE DIETS OMIT WHITE SAUCE AND PASTA - SERVE VEGETABLE LASAGNA SAUCE TOPPED WITH MASHED POTATO AS A VEGETABLE COTTAGE PIE**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
373	14	15	47	0.1	1.4	1.9	284