

RATATOUILLE LASAGNE

Add some Mediterranean flair to a traditional Italian recipe with this dish. Save on waste by roasting any leftover vegetables with olive oil and salt, perfect to have on hand for wraps or salads, and freeze your cheese for the next pizza or pasta dish you fancy.

INGREDIENTS

500g lasagne sheets (vegan option available)
3 courgettes
3 carrots
3 bell peppers (red, yellow, green)
1 large onion
3 garlic cloves
3 tbsp tomato paste
150ml water
Grated cheese (vegan option available)
Thyme, rosemary and oregano (to taste)

BECHAMEL SAUCE

1 litre semi skimmed/dairy free milk
70g butter or 70ml olive oil (vegan option)
70g flour
Salt, pepper, nutmeg and bay leaves to taste

TOMATO SAUCE

1 large onion
3 garlic cloves
5 tomatoes
2 carrots
1 celery stalk
150ml white wine
2 cups water
Basil and oregano to taste
Salt, sugar and pepper to taste

METHOD

1. Preheat the oven to 180°C/gas 5. Cut all vegetables into small cubes and place in a pan with 20ml olive oil. Sauté them until softened.
2. Add the tomato paste, 150ml of water and add thyme, oregano and rosemary. Let it simmer for 10 minutes and set aside.
3. For the bechamel sauce, melt the butter (or heat olive oil if vegan) in a pan and add the flour, mixing it until it's golden. Continue to stir, gradually adding the milk and the remaining ingredients. Stir until smooth and thick. Set aside.
4. For the tomato sauce, chop all the ingredients and sauté them in hot olive oil until softened, add the wine and water and cook for 20 minutes. Blend and set aside.
5. Build the lasagne. In a baking dish start with a layer of tomato sauce to avoid the lasagne sheets sticking to the bottom of the dish. Add a layer of lasagne sheets, one layer of ratatouille, and then the bechamel sauce. The last layer should be pasta which will be topped with grated cheese.
6. Bake for 20 minutes or until pasta is cooked.
7. Serve with the remaining tomato sauce, and a side salad.



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SERVES
4