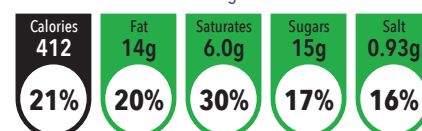




MEDITERRANEAN VEGETABLE & LENTIL LASAGNE

-  **Prep: 15 minutes**
-  **Cook: 1 hour 5 minutes**
-  **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

- 1 tbsp oil
- 1 aubergine, diced
- 1 onion, diced
- 1 red pepper, diced
- 1 courgette, diced
- 400g can lentils
- 400g can chopped tomatoes
- 1½ tsp **LoSalt**
- 25g unsalted butter
- 25g plain flour
- 300ml skimmed milk
- 9 sheets fresh lasagne
- 50g grated mozzarella
- Fresh green salad to serve

COOKS TIP:

The vegetable sauce can be made in advance to save time.

Method:

1. Preheat oven 200°C, gas mark 6.
2. Heat the oil in a large frying pan and fry the aubergine, onion and red pepper for 5 minutes. Add the courgette, lentils with all the juices, tomatoes and 1 tsp LoSalt. Bring to a simmer, cover and cook for 20 minutes, stirring occasionally until tender.
3. Meanwhile, melt the butter in a small saucepan and stir in the flour, and cook for 1 minute. Gradually blend in the milk to form a smooth paste, heat, stirring constantly until just boiling and thickened, stir in the remaining **LoSalt** and some black pepper to taste.
4. Spread 2 tbsp of the vegetable sauce over the base of a 2 litre serving dish, add 3 sheets of lasagne. Spread over ½ of the remaining vegetable sauce, 3 more sheets of lasagne then spread over 1/3 of the white sauce. Top with the remaining vegetable sauce then the remaining lasagne. Spread over the remaining white sauce.
5. Sprinkle with the mozzarella and bake for 30 minutes. Serve with a fresh green salad