

Active Canaries

HEALTH MONTH

WORKING WITH LOCAL SCHOOLS

Week 4 – Kathryn Stanley

Roasted Vegetable Lasagne

Ingredients

- 1 x Small Butternut Squash – diced
- 1 x Red Pepper – diced
- 1 x Courgette – diced
- 2 x Carrots – diced
- 1 x Onion – diced
- 1 x Garlic Clove – crushed
- 5ml Vegetable Oil
- 1 tsp Dried Mixed Herbs
- 150g Dried Lasagne Sheets
- 1 x Tin of Chopped Tomatoes
- 1 tbsp Tomato Puree
- 50g Margarine
- 50g Plain Flour
- 500ml Milk
- 100g Cheddar Cheese – grated

Method

- 1 Heat a little oil in a large saucepan and add the diced onion. Cook until soft, then add the crushed garlic followed by the diced butternut squash, red pepper, courgette and carrots.
- 2 Cook until the vegetables are soft. Then add the chopped tomatoes, tomato puree and mixed herbs. Simmer for 20 minutes and then remove from the heat.
- 3 To make the white sauce, melt the margarine in a saucepan. Stir in the flour and cook for a further 2 minutes. Slowly whisk in the milk and bring to the boil, stirring all the time. Add the cheese, saving a little to sprinkle on top of the lasagne.
- 4 In a suitable lasagne dish, pour half the vegetable mixture and arrange a layer of lasagne sheets over the top. Repeat again. Add the cheese sauce over the top of the final layer. Sprinkle with the remaining cheese.
- 5 Cook in the oven at 180°C, Gas Mark 4 for 35-45 minutes, until golden brown.
- 6 Serve with garlic bread and mixed salad!

SERVES

4

