

Vegetable lasagne (modified texture)



20 ml extra virgin olive oil

Oregano

Black pepper

Basil

Nutmeg

Ingredients (serves 1)

100 g cooked canned lentils

60 g lasagne pasta sheets

50 g aubergine

50 g courgette

40 g onion

30 crushed tomatoes (peel and boil first)

1 clove of garlic

60 ml rice milk

5 g corn starch

Method

Filling:

1. Peel, finely dice, and freeze vegetables. Remove vegetables from freezer and soak. Sauté onion and garlic in a frying pan with oil. After a few minutes add the courgette and aubergine. Stir and cook for a few minutes.

2. Peel and boil tomatoes. Drain cooking water and blend with an immersion blender. Add tomato to sautéed vegetables. Add oregano, basil, and black pepper as well. Stir and sauté for a few more minutes until the tomato sauce has reduced.

3. Add the drained lentils. Stir gently for a couple of minutes. Remove from heat and set aside.

4. Use an immersion blender to purée lentils with a small amount of broth until the texture is smooth and homogenous. Set aside.

Pasta:

5. Boil the pasta sheets until they are well done. Drain and blend with a small amount of water and few drops of oil until creamy. Salt to taste.

Rice-milk béchamel sauce:

6. Dissolve corn starch in a small amount of cold rice milk, then mix with the rest of the rice milk and put in a saucepan. Heat until thickens. Add pepper and nutmeg.

7. To assemble the lasagne: coat a baking pan with a little oil, then place one layer of pasta purée, followed by a layer of filling. Continue alternating layers of pasta and filling. The top layer should be béchamel sauce.

8. Bake in the oven for a few minutes and serve.