



Quick 'V' Lasagne

Ingredients

1 onion
1 garlic clove
1 carrot
2 celery sticks
1 x 10ml spoon oil
100g green lentils
1 can chopped tomatoes (400g)
1 x 5ml spoon mixed herbs
1 x 15ml spoon tomato puree
200ml crème fraiche, reduced fat
25g parmesan, grated
100ml semi-skimmed milk
Black pepper
6 lasagne sheets



Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, frying pan, measuring jug, small bowl, spoon, foil trays, baking tray.



Method

1. Preheat the oven to 190°C or gas mark 5.



- peel and crush the garlic;



2. Prepare the vegetables:

- peel and chop the onion;



- peel and slice the carrot;



- slice the celery.



2. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes.



3. Add the lentils, tomatoes, herbs and tomato puree.



4. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.



5. Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.



6. Place an oven proof dish or foil tray on a baking tray spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.



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7. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

