



Food Discovery Vegetable Lasagne

Ingredients

2 tablespoons oil	400g tin chopped tomatoes
1 medium onion, chopped	lasagne sheets
1 clove of garlic, peeled and grated	2 tablespoons tomato puree
1 red pepper, diced	200ml crème fraîche
½ yellow pepper, diced	125g cheddar, grated
Handful of spinach	Handful of mushrooms chopped
1 courgette, chopped into small pieces	
handful of fresh basil and 1 tsp of dried oregano or 2 teaspoons dried mixed herbs	

Method

- Heat the oil in a large pan.
- Add onions and garlic and soften.
- Stir in the peppers, courgette, mushrooms and spinach and soften for 3 minutes.
- Stir in tomatoes, tomato puree, basil and oregano, simmer for 10 minutes.
- In an oven proof dish build up layers of the sauce and lasagne sheets, finishing with a lasagne sheet.
- Top with a layer of crème fraîche and grated cheddar.
- Bake at 180C for 30 minutes OR microwave* on 70% for 5-8 minutes (or until piping hot) and leave to stand covered for 2 minutes before eating.