



# Hearty Lentil Lasagne

Serves 4-6 people

This vegan-friendly take on the traditional lasagne ticks all the boxes without compromising on flavour!

**Difficulty Level:** Medium

**Prep Time:** 45 minutes

**Cook Time:** 30 minutes

**Total Time:** 75 minutes

## INGREDIENTS

### Lentil Filling

- 4 cloves garlic, crushed
- 2 onions, finely chopped
- 800g canned lentils, drained and rinsed well
- 800g canned chopped tomatoes
- 1 tbsp tomato paste
- ¼ cup parsley, finely chopped
- ¼ cup basil, finely chopped

- ½ tsp fresh or dried oregano
- Salt & pepper to taste

### Non-dairy Bechamel Sauce

- 3 tbsp vegan butter
- 2 tbsp plain flour
- 2 cups non-dairy milk
- Salt & pepper to taste

## HOW TO MAKE

1. Pre-heat the oven to 180oC. Grease a baking dish and set aside.
2. Lentil Filling: sweat the onions and garlic until soft and clear. Add the lentils, salt, pepper, tomatoes and tomato paste. Simmer for 20-30 minutes until the tomatoes have reduced. Mix in 2/3 of the herbs and set aside.
3. Bechamel Sauce: melt the butter in a pan over a medium heat. Add the flour a little at a time, whisking well to combine and get rid of any lumps that may form. Add the milk a little at a time whisking well to combine, continue to whisk over a low-medium heat until the sauce has thickened. Add in the salt and pepper and nutmeg if using. Set aside.
4. Build the lasagne: place a layer of lasagne sheets in the bottom of your greased dish. Add half of the lentil mixture in an even layer, spread a layer of bechamel sauce and then sprinkle with half of the grated cheese. Repeat again, layering pasta, remaining lentil filling and bechamel sauce finishing with the rest of the grated cheese.
5. Bake in the preheated oven for 20-30 minutes until bubbling.

## HOW TO SERVE

Serve on its own or with a fresh mesclun or rocket and pear side salad.

