Veggie lasagne

Lasagne is right up high on my list of favourite foods and always has been. Melting cheese, gooey filling, tomato goodness…what could be better? It is definitely one of the meals I miss most since having to change to a gluten, dairy, egg and meat free, low FODMAP diet. Lasagne with mince has to be eaten with a side of avocado, in my opinion (strange, I know!), while my uncle always said that hot chips is a must. Whatever your preference, lasagne is amazing and I often say that I'll request the real deal on my death bed (when food intolerances are no longer going to be an issue!).



So, needless to say, I have tried many times to recreate this blissful meal while accommodating my food restrictions. It has taken a long time to find ingredients and combinations that result in a satisfied 'oooo yyyuuummm', but it has finally happened and I want to share this goodness! This recipe is absolutely not only aimed at those with food restrictions; you can choose what type of cheese, pasta sheets and milk you use. This is packed with veggies and is a great way to get them into your day, and it also makes yummy leftovers.

Recipe

(4 – 5 serves)

Filling

(Use whatever vegetables take your fancy! This is what I like to use but it's up to! Perhaps roast sweet potato, roast pumpkin, steamed courgettes, steamed broccoli or corn take your fancy? Add herbs, such as fresh rosemary or dried mixed Italian herbs, and garlic, depending on what sauce you use. You could also add baked tofu to your veggie mix, which I have explained how to make in my tofu and vegetable bolognese recipe. You could also add a larger quantity than I have written here if you want a more chunky lasagne with more layers.)

Olive/garlic infused/coconut oil
3/4 large eggplant, sliced into bite-size squares
1/2 leek (green parts only if you want to make this low FODMAP), or 1/2 – 1 onion, chopped
1 capsicum, sliced into bite-size squares
5 – 6 large mushrooms, sliced
2 large carrots, grated
5 – 10 black olives, pitted and sliced
Several leaves of fresh kale with the stems removed, roughly chopped, and/or a large handful of spinach
Pesto (optional) (I use Rosa's gourmet dairy free pesto or homemade)

Tomato pasta sauce (I use NoGo sweet basil and white wine pasta sauce or passata)
Lasagne sheets (I use San Remo gluten free lasagne sheets)

White sauce

4 – 5 tablespoons of cream cheese (I use Sheese creamy original vegan cheese spread)
5 – 6 tablespoons of milk (I use Nutty Bruce organic unsweetened almond milk)
3 – 4 tablespoons of cheese (I use Sheese mozzarella vegan cheese)

Pinch of salt



Topping

1/2 – 1 cup of cheese (I use Sheese mozzarella vegan cheese and/or Sheese mature cheddar vegan cheese block, grated
Paprika

Method

1. Preheat oven to 170 degrees celsius
2. Evenly spread the eggplant on a tray and drizzle lightly with oil. Place in oven until it has softened, turning over once
3. Heat a small amount of oil in a frying pan over a low to medium heat. Begin with cooking the leeks. Once they begin to soften, add the capsicum and mushrooms. After a few minutes, add the grated carrot. Fry the vegetables until soft but not completely cooked. Stir in the olives and pesto (if using) and remove from heat
4. Combine the white sauce ingredients and stir until smooth. You want a fairly runny but thick consistency
5. Spread a thin and even layer of tomato sauce along the base of a casserole dish.
6. Cover with one layer of lasagne sheets
7. Spread an even layer of veggies over the sheets. Sprinkle with the kale or spinach.



8. Top with a layer of white sauce
9. Cover with one layer of lasagne sheets
10. Continue layering (you can choose to do whatever order you prefer. It doesn’t particularly matter as long as you spread tomato sauce prior to the last layer of lasagne sheets to keep them moist and end with white sauce and cheese on the top
11. Sprinkle with paprika
12. Cover the lasagne with aluminium foil and place in the oven for approximately 35 minutes. Remove the foil and cook for approximately 10 minutes (keep an eye out that the top doesn’t burn) until an inserted skewer goes through soft lasagne sheets and the topping is melted and golden



The lasagne keeps well in the fridge for 3 – 4 days and can be

reheated in the oven or microwave.

This could be my favourite recipe I have created! I really hope you enjoy it when you fancy a comforting and tasty treat!

Happy cooking!