



FIVE LAYER VEGETABLE LASAGNE

Vegetarian main dish: This dish provides a portion of starchy food, and a portion of protein. It counts towards the food-based standard for lunch to provide a portion of starchy food every day, and a portion of meat, fish, eggs, beans or another non-dairy protein source each day.

Recipe adapted from: Sir John Gleed School - Café Central team

Ingredients

For roast vegetables:

1kg mixed summer vegetables (such as broccoli, courgette, runner beans or broad beans).
600g red peppers, deseeded, diced.
50ml (3tbsp) vegetable oil
3g (3tsp) dried Mediterranean herbs
500g butternut squash, peeled and diced
300g aubergine, sliced

For the béchamel sauce:

50g unsaturated fat spread
25g (2tbsp) plain flour
1L semi-skimmed milk
25g Reduced-fat Cheddar cheese
500g spinach, washed
2g (2tsp) nutmeg
2g (2tsp) white pepper

For spicy tomato sauce:

100g onion, peeled and diced
8g (2 cloves) garlic
400g canned chopped tomatoes
60g (3tbsp) tomato puree
100ml water
3g (3tsp) dried mixed herbs
2g (2tsp) chilli powder
2kg canned red kidney beans, drained (drained weight 1.2kg)
850g (20 sheets)

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. To prepare the meatballs, mix half the onions with peppers, carrot, beef mince, egg, cumin, chilli, coriander, half the turmeric and black pepper. Divide equally into 10 then divide each again into 3 giving you 30 meatballs. Roll into balls and place on a lightly greased baking tin.
3. Bake the meatballs in the oven for approximately 30-40 minutes.
4. Prepare tomato base sauce by heating the oil and adding the vegetables and garlic. Cook until soft and slightly browned then add the mixed herbs, chopped tomatoes, water curry powder and tomato puree. Simmer gently for approx. 30 minutes. Once cooled slightly blitz with a hand blender until the mix becomes a smooth paste.

Serving suggestion: with fish pie.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats, and bread with less than 1.0g salt per 100g.



Number of portions this recipe makes:

15 primary servings (465g)
12 secondary servings (580g)



Prep: 20 minutes

Cook: 40 minutes



Allergy information:

Milk, wheat (gluten)



Top Tips

Do not boil the sauce, as it ruins the flavour.