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.

**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.

**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.