PRODUCT SPOTLIGHT:
TEMPEH

Tempeh originated in Indonesia. The retention of the whole bean gives you a high protein content along with dietary fibre and vitamins!

4. SKINNY LASAGNE
WITH TEMPEH BOLOGNESE

Tempeh bolognese with garlic and thyme, layered with zucchini lasagne sheets. Topped with Noshing Naturally's nut cheddar cheese and baked in the oven.

⌛ **40 Minutes**   🍽 **4 Servings**   🔥 **Plant-based**

10 February 2020

PER SERVE		
PROTEIN	**TOTAL FAT**	**CARBOHYDRATES**
25g	26g	25g

FROM YOUR BOX

CELERY STICKS	2
GARLIC	2 cloves
NATURAL TEMPEH	2 packets
KALE	1/2 bunch *
TOMATO SUGO	1 jar
ZUCCHINIS	3
NUT CHEDDAR CHEESE	1 packet
SNOW PEAS	1/2 bag (125g) *
TOMATOES	2
BASIL	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, balsamic vinegar, dried thyme

KEY UTENSILS

frypan with lid, oven dish

NOTES

Scatter any leftover basil leaves on top of the lasagne.

1. SAUTÉ THE VEGETABLES

Set oven to 220ºC.
Heat a frypan over medium-high heat with **2 tbsp oil.** Dice celery. Add to pan with crushed garlic and **1 tsp dried thyme**. Crumble in tempeh and cook for 2-3 minutes.

2. SIMMER THE SAUCE

Slice kale leaves and stir through until wilted. Pour in tomato sugo along with **1 tbsp balsamic vinegar** and **1 cup water**. Cover and simmer for 5 minutes. Season with **salt and pepper** to taste.

3. PREPARE THE ZUCCHINI PASTA

Slice each zucchini lengthways into 1/2cm thick strips. Slice the cheddar cheese.

4. ASSEMBLE THE LASAGNE & COOK

To assemble, alternate layers of zucchini strips and sauce. Repeat until all the sauce and zucchini is used. Finish with a layer of cheese. Cover with foil and bake in oven for 15-20 minutes.

5. PREPARE THE SALAD

Meanwhile, trim and slice snow peas. Slice tomatoes into rounds. Pick basil leaves. Layer on a plate. Season with **salt and pepper** and drizzle with **balsamic vinegar** and **olive oil.**

6. FINISH AND PLATE

Use a fork to gently smooth out the melted cheddar on top of the lasagne. Divide lasagne between plates and serve with salad.