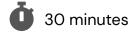




Veggie Lasagne

with Roast Cauliflower Sauce

Golden sautéed mushrooms and veggies layered between fresh sheets of pasta from Gluten Free Lab and Suppa Club's roasted cauliflower & sweet potato sauce.







If you're a fan of a cheesy finish, try adding some grated nut cheddar or a nutritional yeast sprinkle on top before baking.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BROWN ONION	1/2 *
ZUCCHINI	1
GREEN BEANS	1/2 bag (125g) *
ROSEMARY STALK	1
SLICED MUSHROOMS	2 punnets (2 x 200g)
ROAST CAULIFLOWER SOUP	1 jar
LASAGNE SHEETS	1 packet (400g)
TOMATOES	2
WATERCRESS	1 sleeve
PARSLEY	1/3 bunch *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

oven dish, frypan, saucepan

NOTES

Heating the sauce will help reduce the baking time of the lasagne. If you prefer to not use another saucepan you can skip step 3 but allow longer for the lasagne to cook in the oven.

If you don't have aluminium foil you can use an oven tray to cover the oven dish.

Dress the watercress with balsamic vinegar and olive oil if you have some.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice onion and zucchini. Trim and slice beans. Chop rosemary leaves. Set aside with mushrooms and keep separate.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Add onion and cook for 5 minutes until softened. Add remaining vegetables and rosemary leaves. Cook for a further 6-8 minutes until tender. Season with salt and pepper.



3. HEAT THE SAUCE

Combine roast cauliflower soup in a saucepan with 1 cup water over medium heat. Cook, stirring, for 5 minutes until heated through. Season with salt and pepper.



4. ASSEMBLE THE LASAGNE

Spread a thin layer of sauce in an oven dish, add a layer of lasagne sheet then a layer of veggies. Repeat, finishing with a layer of sauce. Slice and add tomatoes on top. Cover with foil and bake in oven for 10 minutes. Remove cover and bake for a further 5 minutes or until pasta is al dente.



5. FINISH AND PLATE

Garnish lasagne with chopped parsley. Serve at the table with watercress (see notes).



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