



One Pot Veggie Lasagne Soup

Tender lasagne sheets in a creamy tomato broth with mushrooms and veggies – a cosy twist on the traditional lasagne.



30 minutes



2 servings



Vegetarian

FROM YOUR BOX

BROWN ONION	1
CARROT	1
ZUCCHINI	1
BUTTON MUSHROOMS	100g
TINNED CHOPPED TOMATOES	400g
FRESH LASAGNE SHEETS	1 packet
SOUR CREAM	1 tub
OREGANO	1 packet

FROM YOUR PANTRY

olive oil, salt and pepper, dried Italian herbs, 1 vegetable stock cube

NOTES

To make a traditional lasagne you can sauté the vegetables and simmer with chopped tomatoes to make a sauce. Layer between the lasagne sheets and top with cheese of choice. Bake in oven until the pasta is al dente.

No gluten option – pasta is replaced with GF pasta.

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1. SAUTÉ THE VEGETABLES

Heat a large saucepan with **olive oil** over medium heat. Dice **onion, carrot, zucchini,** and **mushrooms**. Add to pan as you go, along with **3 tsp Italian herbs**. Cook for 6–8 minutes or until softened.

TIP *For extra depth, add a pinch of chilli flakes or garlic if you have it. You can use dried oregano instead of Italian herbs.*

2. SIMMER THE SOUP

Stir in **1 crumbled vegetable stock cube, chopped tomatoes,** and **1.2L water**. Bring to a boil, then reduce heat and simmer for 10 minutes.

TIP *You can use liquid stock or stock paste instead of the stock cubes.*

3. COOK THE LASAGNE SHEETS

Roughly tear **lasagne sheets** into smaller pieces. Stir into **soup** (see tip). Simmer for 4–6 minutes or until **pasta** is tender. Stir **1/2 sour cream** into **soup**. Season to taste with **salt and pepper**.

TIP *Dust off any extra semolina from the sheets before adding to soup. Separate and stir the as the lasagne sheets as you go to prevent them from sticking together.*

4. FINISH AND SERVE

Divide among bowls. Garnish with **oregano leaves** and an extra dollop of **sour cream**.

TIP *You can add ricotta or grated parmesan instead of sour cream if preferred!*

This recipe has simplified instructions to help lower your meal cost.