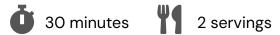






One Pot Veggie Lasagne Soup

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







FROM YOUR BOX

BROWN ONION	1
CARROT	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
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.

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.



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.



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

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