

your notes:

SERVES 4

Dairy Free Free Lasagne

You Will Need

500g beef mince	olive oil
1 onion	2 tbsp plain flour
1 courgette	700ml soy milk
1 red pepper	300g cherry tomatoes
1 green pepper	salt and pepper
400g tinned tomatoes	beef stock cube (make sure its dairy free)
2 tbsp tomato puree	250 ml water
2 cloves of garlic (chopped)	Lasagne pasta sheets (make sure you buy the kind that you don't need to boil first)
2 tsp of Italian seasoning	
1 tsp nutmeg	

Let's Cook!

- Heat 1 tsp of oil in a pan and fry the onions, garlic, courgettes, peppers and Italian seasoning until everything has started to soften and has a nice colour.
- Add the mince and fry until mince is brown.
- Add the tin of chopped tomatoes, tomato puree, the water and the crumbled stock cube.
- Give it a good stir so that everything is combined and then season with salt and pepper.
- Simmer for about 20 minutes.
- Whilst the filling is cooking take another pan and add 2 tbsp of olive oil, heat gently.
- Take off the heat and slowly stir in the flour until it makes a thick paste
- Put back on a low flame and slowly stir in the soy milk a little bit at a time (stirring all the time with a whisk)
- Keep stirring until you have no lumps in the mixture and the mixture has thickened.
- Turn off the white sauce mixture and season well with salt, pepper and a sprinkle of nutmeg.
- Now it is time to construct your lasagne!
- In a lasagne dish put a layer of the meat mixture, then layer the lasagne sheets on top. Pour over some of the sauce, make sure it covers all of the pasta sheets.
- Next, add a layer of meat, then pasta sheets and then sauce.
- And so on until you have used it all up - make sure you finish with a layer of pasta with white sauce on top.
- Next, chop all of your cherry tomatoes in half and pop them on top of your lasagne, with their middles facing upwards.
- Sprinkle with oil, salt and pepper and some Italian seasoning.
- Cover with tin foil and bake at 180°C for 25 minutes
- Take off the foil and bake for a further 10 minutes.