

VEGGIE LASAGNE

This recipe is so good, it's bound to become a family favourite!

INGREDIENTS:

2 x 400g tins chopped tomatoes
75g vegetarian Italian style hard **cheese**
4 tablespoons tomato purée
3 cloves garlic
1 tablespoon olive oil
2 tablespoons dried oregano
A little grated fresh nutmeg
300g **ricotta** or **cream cheese**
Freshly ground black pepper
200g washed baby spinach leaves
10 **lasagne sheets**
75g Cheddar **cheese**
1 lettuce

FOR THE SALAD DRESSING:

3 tablespoons olive oil
1 tablespoon red wine vinegar

EQUIPMENT:

Sieve	Spoon
2 large bowls	Garlic crusher
1 small bowl	Grater
Fork	Ovenproof dish

*Allergens highlighted in **bold**

Serves 4

Skills: grating, crushing garlic, measuring

Takes 25 minutes to make and 35 minutes to cook



1



Turn the oven on to 180°C. To make the tomato sauce, sieve the chopped tomatoes to remove the liquid. Tip the chopped tomato pulp (not the liquid) into a bowl and mash with a fork.

2



Peel the garlic cloves, crush with a garlic crusher and add to the tomatoes. Add the tomato purée, oil and oregano to the tomatoes and mix really well. Season with pepper.

3



To make the filling, grate the Italian style hard cheese. Put two-thirds of the grated cheese into a big bowl. Put the remaining third of the grated cheese into a small bowl and put to one side for the topping.

TOP TIP: if you don't have a garlic crusher, you can mash the garlic with the back of a spoon.

4



Grate a little fresh nutmeg into the big bowl of cheese using the smallest holes on the grater. Add the ricotta and a little freshly ground black pepper, and mix well.

5



Pick off any long stalks from the baby spinach leaves, then tear the leaves into small pieces. Add to the bowl of cheese and mix together with a spoon.

6



Spoon a third of the cheese and spinach mixture on to the base of an ovenproof dish. Lay 3 lasagne sheets on top. Spoon a third of the tomato sauce over the lasagne sheets.

7



Repeat with another third of the ricotta mixture, lasagne sheets and tomato sauce, then finish with the remaining third of ricotta mixture, lasagne sheets and tomato sauce.

8



Sprinkle the remaining grated cheese over the top of the dish. Using oven gloves, put it into the oven and cook for 35 minutes, until golden brown.

9



Carefully tear the lettuce leaves in half and put into a bowl to make your side salad. Drizzle over the olive oil and vinegar, and carefully mix together until the leaves are coated in the dressing.



Grub's up!



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