

# Quick V Lasagna



Lasagna (singular) or lasagne (plural) is an Italian dish made from layers of pasta sheets, cheese sauce and ragù. In America, lasagna sheets are sometimes rippled, but you are very unlikely to find rippled lasagna in Italy!



## Ingredients

1 onion  
1 carrot  
2 celery sticks  
1 x 10ml spoon oil  
400g canned chopped tomatoes  
herbs  
tomato puree  
reduced fat  
grated  
milk  
6 lasagne sheets

Weighing scales, chopping board, knife, peeler, saucepan, wooden spoon, measuring spoons, spoon, ovenproof dish or foil trays.

## Method

1. Preheat the oven to 190oC or gas mark 5.
2. Prepare the vegetables:
  - ◆ peel and chop the onion;
  - ◆ peel and crush the garlic;
  - ◆ peel and slice the carrot;
  - ◆ slice the celery.
3. Fry the onion, garlic, carrot and celery in the oil until soft - about 4 minutes.
4. Add the lentils, tomatoes, herbs and tomato puree.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. Blend the creme fraiche, half the grated cheese, milk and pepper together.
7. In an ovenproof dish or foil tray, spread some lentil mixture in the bottom, cover with lasagne sheets and a little creme fraiche sauce. Repeat this, finishing with the sauce on top.
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

## Top tips

- ◆ Experiment with different herbs, for example fresh basil or oregano for different flavour sensations!
- ◆ Try using different vegetables such as courgettes, peppers or aubergine.

## Skills

Using the hob/oven	Onion preparation	Bridge hold / Claw grip	Assembling/layering
--------------------	-------------------	-------------------------	---------------------

1 garlic clove

100g green lentils

1 x 5ml spoon mixed  
1 x 15ml spoon  
200ml creme fraiche,  
25g parmesan,  
50ml semi-skimmed  
Black pepper

## Equipment

garlic press,  
measuring jug, metal

