

# Vegetarian Lasagne



*Recipe supplied by MAGGI.*

## **Ingredients**

1 packet (100g) MAGGI Italian Plant Based Mince

1 tbsp olive oil

1 medium (150g) onion, chopped finely

1 medium (120g) zucchini, grated

1 medium (120g) carrot, grated

1/3 cup (80g) tomato paste

1 x can (400g) chopped tomatoes

Bechamel Sauce

1 1/2 cups (375mL) reduced fat milk

1 1/2 tbsp (25g) plain flour

1 1/2 tbsp (25g) unsalted butter

2 bay leaves dried

6 dry lasagne sheets

120g reduced fat cheddar cheese, grated

### **Method:**

1. In a medium bowl place MAGGI Italian Plant Based Mince along with 1 cup (250mL) water, rehydrate for 10 minutes. Preheat oven to 180°C or 160°C fan forced.
2. In a large frypan over medium to high heat, add olive oil, onion, carrots and zucchini. Cook for 3 minutes or until softened.
3. Add rehydrated MAGGI Italian Plant Based Mince and tomato paste cook for 1 minute. Add tomato and 1/2 cup (125mL) of water; bring to a boil then reduce heat and simmer for 8-10 minutes uncovered, stirring occasionally.
4. To make bechamel sauce: In a medium saucepan melt butter over medium heat. Add flour, cook for 2 minutes while stirring continuously. Slowly pour in milk in a slow steady stream, while whisking, add bay leaves and bring to a boil, stirring continuously. Reduce heat; simmer for 3-4 minutes until slightly thickened. Add 1/2 of the cheese and cook for 1 minute and set aside.
5. To assemble lasagne: In a (6L) baking dish place 1/4 of Italian Plant Based Mince mix, followed by 1/4 of the bechamel sauce then top with 2 lasagne sheets. Repeat 3 times finishing the final layer with remaining cheese.
6. Bake lasagne for 30-35 minutes. Let stand for 5 minutes before serving