



MEATLESS LASAGNE

Courtesy of: Francisca Pereira



Method:

1. Pre-heat oven to 180 degrees celsius – place sliced vegetables on baking tray (with baking paper), drizzle evoo and add salt. Bake for 25-30mins.
2. Place 6 eggs in boiling water, once boiled - slice each egg into quarters.
3. In a saucepan, fry onions and garlic. Add passata sauce, basil, stock, salt and pepper. Cook on medium for 10mins.
4. Add 1 cup water and thinly sliced mushrooms, cook for another 10min, then set aside.
5. Cook lasagne sheets as per instructed on the packet
6. Assemble using ceramic baking dish;
 - Add 100ml of sauce as the base
 - Layer with 3 lasagna sheets
 - Add half of the vegetables
 - Add 250mls of sauce, add ½ cup of tasty cheese
 - Place ½ of the boiled eggs on top
 - Add another layer of lasagne sheets and repeat
 - Add the final layer of lasagne sheets and sprinkle remaining tasty cheese and parmesan on top
7. Bake at 180 degrees for 20mins.

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Ingredients:

- 3 eggplant (sliced 2cms thick)
- 3 large red capsicums (sliced in 4 pieces, length wise)
- 2 zucchini (sliced vertically into 4 slices, 1cm thick)
- 6 eggs
- 1½ cup grated tasty cheese
- ¼ cup grated parmesan
- Lasagne sheets (fresh)
- 2tbsp extra virgin olive oil (evoo)
- 1cup water
- 750ml Passata Sauce
- 2-3 garlic cloves crushed
- 1 brown onion, chopped
- 6 fresh basil leaves
- 10 mushrooms
- 1 tsp veg stock powder

Nutrition Information

Serves 8 people.

Nutrient	Per serve
Energy	1950 kJ
Protein	23 g
Fat	21 g
Carbohydrate	47 g

HOT TIPS

Vegetables such as eggplant and zucchini provide a source of fibre and this recipe is suitable for those who follow a vegetarian diet.

