

## TASTE WITHOUT WASTE

### Sasha's Ultimate Lasagne

Serves 6 - 8.

#### Ingredients

*Tomato sauce:*

200g (1 cup) red lentils, rinsed  
1 tbsp olive oil  
2 onions, finely chopped  
2 cloves garlic, crushed  
1 large carrot, grated  
1 medium zucchini, grated  
5 stalks celery, thinly sliced  
1 red capsicum, chopped into 1 cm dice  
100g mushrooms, sliced  
140g tomato paste  
500g jar tomato pasta sauce or passata.  
810g can crushed tomatoes  
400g can kidney beans, rinsed & drained  
1 tsp dried oregano

*Béchamel Sauce:*

90g unsalted butter  
1/3 cup whole-meal flour  
750ml milk, warmed gently  
Scant 1/2 tsp ground nutmeg  
1/2 tsp salt  
1/4 tsp white pepper  
100g (1 cup) cheddar cheese, grated  
30g parmesan cheese, finely grated  
12 large dried 'instant' lasagne sheets. Or enough for 4 layers. I use San-Remo brand.

#### Method:

Preheat oven to 180C. Grease a 30x20cm oven-proof baking dish.

*Tomato Sauce:*

Heat the oil in a large heavy based saucepan over a medium-high heat. Sauté the onion for 3 minutes or until soft and translucent. Stir in the garlic and cook for thirty seconds.

Tip in the carrot, zucchini, celery, capsicum, mushroom & lentils. Cook for 2 minutes then add the tomato paste and cook, stirring for another 2 minutes to caramelize.

Add the pasta sauce, tinned tomatoes, kidney beans and oregano. Bring to the boil then reduce the heat and simmer, covered, for 30 – 40 minutes. Stir every ten minutes or so. The sauce is ready when the veggies and lentils are soft. If the mixture starts to dry out (it should be quite sloppy) add a little boiling water or hot vegetable stock. I usually add about 125ml.

*Béchamel Sauce:*

Melt the butter in a medium sized saucepan. Add the flour and cook, stirring constantly with a wooden spoon or balloon whisk, for one minute. Take the saucepan off the heat and gradually add the milk, stirring constantly to break up any lumps.

Return the saucepan to the stove over a high heat and cook, stirring (make sure you reach all corners of the pot), until the sauce boils and thickens (this may take up to five minutes). Once boiling, reduce the heat and cook for 2 minutes.

Stir in the nutmeg, salt, pepper and grated cheddar. Taste and adjust seasoning accordingly.

*Assembly:*

Use a ladle to dollop 2 spoonful's of tomato sauce into the baking dish. Use the back of the ladle to spread the mixture out evenly. Arrange lasagne sheets to cover the sauce (I use 3 but break one up to fill in the gaps). With a spatula, spread one heaped ½ cup of béchamel sauce over the lasagne sheets. Top with 2 more ladles of tomato sauce and continue the process until you have four layers of pasta sheets. Spread the remaining béchamel sauce over the last layer of lasagne and sprinkle with the parmesan cheese.

Bake uncovered for 30 – 40 minutes or until golden brown on top and the pasta sheets are tender.

Place dish on a wire rack and rest for 10 minutes before serving.

*Source: A Taste Without Waste original.*

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