

# Vegetarian Lasagna

## Ingredients:

- 2 tbs Olive Oil
- 1 Onion (Celery substitute if needed)
- 2 Cloves Garlic
- 2 Carrots
- 1 zucchini
- 1 pkt frozen spinach- squeezed dry
- Salt and Pepper
- 7-8 Basil leaves
- 1 pkt of pasta sheets (250g)
- 1 bottle of Passata
- 1 tin crushed tomatoes
- ½ a cup of Coconut Cream
- 2 cups of Mozzarella Cheese (250g)

## Equipment:

- Knife
- Chopping Board
- Small bowl
- Saucepan
- Measuring spoons
- Wooden spoon
- Garlic Press
- Baking Dish
- Dessert spoon
- Foil
- Serving spatula



## Method:

1. Collect all of the ingredients and equipment.
2. Grate the carrot and zucchini. Place in a bowl and set aside.
3. Finely dice the onion and put the garlic cloves through the garlic press.
4. Heat up olive oil in a large saucepan on medium heat and add the onion and garlic. Stir for a few minutes and then add the bowl of grated vegetables and spinach. Continue stirring until vegetables begin to go soft (about 5min).
5. Add the bottle of tomato passata, tin of crushed tomatoes and basil leaves to the saucepan and stir to combine. Season with some salt and pepper. Bring to the boil, then turn to low, simmer for 5 minutes and then turn off.
6. Assemble your lasagna in a baking dish by placing a thin layer of sauce, then a few drizzles of coconut cream, sprinkle of cheese and the sheets of pasta. Repeat process, finishing with a final layer of sauce, coconut cream and cheese. (You should get 3 layers of pasta sheets before final layer of sauce, coconut cream and cheese)
7. Cover with tin foil and bake in oven at 180 degrees Celsius for 45min-1 hour, uncovering towards the end so that the cheese has time to brown.
8. While waiting for lasagna to cook, prepare the garlic bread.
9. When lasagna is cooked, remove from the oven and allow to rest for a few minutes before cutting and serving.
10. Serve with garlic bread.

# Garlic Bread

## Ingredients:

- 1/2 a French Stick
- 50g soft butter
- 1 clove garlic crushed
- 1 tbs finely chopped parsley

## Equipment:

- Knife
- Chopping Board
- Garlic press
- Small mixing bowl
- Butter knife
- Foil

## Method:

1. Collect all of the ingredients and equipment.
2. Mix the crushed garlic, parsley and butter together in a small bowl.
3. Slice the bread stick up into 12 pieces and butter both sides of each piece.
4. Take a piece of tin foil and place all the pieces of bread stick back together in a row. Wrap up in the tin foil.
5. Place in the oven for 10-15 min.
6. Serve as a side to the lasagna.

