

Take and Make

With Brathay

This week we have given you the ingredients to make

MAIN: Vegetarian Lasagne

Before you start collect your equipment and wash your hands. Remember to tie back your hair whilst preparing food.

Veggie Lasagne

1. Preheat the oven to 200C/180C Fan/Gas 6. Remove stalk and seeds and chop the peppers. Peel and chop the sweet potato. Wash and chop the courgette. Put the peppers, courgette and sweet potato into a large baking tray. Drizzle with 2 tablespoons of oil, season with salt and pepper and toss together.
2. Roast for 30 minutes, or until softened and lightly browned.
3. While the vegetables are roasting, peel and finely chop the onion. Heat 1tbsp oil in a large saucepan and gently fry the onion for 5 minutes, stirring regularly.
4. (if you want to you can add 1/2 tsp chilli flakes and 2 crushed garlic cloves) Stir in the tomatoes and a crumbled stock cube. Pour over the water and bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside. (you could add italian herbs or dried oregano)
5. For the cheese sauce, put 75g flour, 75 g cubed butter and milk in a large saucepan and place over a medium heat. Whisk constantly with a large whisk until the sauce is thickened and smooth. Stir in roughly 150-180g of the cheeses and season to taste.
6. Take the vegetables out of the oven and add to the pan with the tomato sauce and cook together for 3 minutes. Season with salt and lots of ground black pepper.
7. Spoon a third of the vegetable mixture over the base of a 2½ –3 litre/4½–5¼ pint ovenproof lasagne dish and cover with a single layer of lasagne. Top with another third of the vegetable mixture (don't worry if it doesn't cover evenly) and a second layer of lasagne.
8. Pour over just under half of the cheese sauce and very gently top with the remaining vegetable mixture. Finish with a final layer of lasagne and the rest of the cheese sauce. Sprinkle a handful or two of cheese over the top.
9. Bake for 35–40 minutes, or until the pasta has softened and the topping is golden brown and bubbling. Stand for 5 minutes before cutting to allow the filling to settle.