

# Lasagne

What you'll need:

A lasagne dish, a blender, a pasta maker, baking paper, rolling pin, 3 saucepans, bowl of cold water and one large frying pan.

You will also need 50g of vegan cheese grated to top.

## For the tomato sauce

- 1 and a half tins of tinned tomatoes or 10 individual tomatoes
- $\frac{1}{2}$  carrot chopped finely
- 3 sprigs of rosemary
- 1 tbsp of garlic oil (if not available use normal oil and add one clove of mince garlic)
- $\frac{1}{2}$  red pepper diced

## For the béchamel sauce

- 100 cashew nuts
- 1 garlic clove peeled and minced
- 450ml plant-based milk
- 50g dairy free butter
- 25g plain flour
- 25g nutritional yeast
- 2 tsp onion powder
- $\frac{1}{2}$  lemon
- Small pinch of salt and black pepper
- 100ml water



## For the 'mince' filling

- $\frac{1}{2}$  bag (230g) of soya mince (we use Tesco own brand as the packaging is recyclable)
- 3 shallots, peeled and chopped chunky
- Pinch of sea salt and black pepper
- 4 mushrooms finely chopped
- Vegetable oil for frying
- Handful of fresh basil chopped

## For the pasta sheets

- 300g flour (preferably '00' pasta flour)
- $\frac{1}{2}$  tsp salt
- 150ml water
- 2 tsp olive oil

## Method

1. Make the pasta so it can chill in the fridge.  
Mix flour, salt and heap into a pile. Make a well in the centre and add water and olive oil. Mix together with a wooden spoon then on a floured worksurface knead until smooth. (About 8-12 minutes)  
Wrap in eco friendly brown bag and chill in the fridge.
2. Start the tomato sauce by heating garlic oil in a saucepan and adding the tomatoes. Let them heat through gently for about 10 minutes.
3. Meanwhile heat some water in a pan and when it is boiling add the cashew nuts and boil for ten to 15 minutes.
4. To the tomatoes add, carrot, pepper, rosemary, salt and pepper. Leave over a medium heat for 15 minutes. Stirring occasionally.
5. Once the sauce has heated for 15 minutes blend with hand held blender or stand-alone blender, until smooth. Set aside for later.
6. For the béchamel sauce drain the cashews from the pan and set to one side. Using the same pan add the butter and heat gently until melted. Once melted add the flour and mix vigorously until you have a doughy paste.
7. Gradually pour in the milk and stir until you have a custard like consistency. This may take around 5 minutes.
8. Add the garlic, yeast, onion powder plus pinch of salt and pepper. Squeeze in the lemon juice careful to not let any pips drop in.
9. While this is heating gently add 100ml of water to a clean blender and then add the cashew nuts. Blend powerfully until the mix is completely smooth. Pour the béchamel sauce in and blend again. Leave to one side.
10. Take the pasta dough out of the fridge and uncover.
11. Heat oil in a frying pan and add the shallots, allow them to sweat until transparent.
12. Add the mince giving it a good stir, adding more oil if necessary.
13. When the mince is browning add the mushrooms, sea salt and pepper and keep over a medium heat, stirring occasionally.
14. Heat a saucepan of water until boiling then reduce to a simmer. Also prepare a bowl of cold water. While you are making the pasta sheets preheat oven to gas mark 5.
15. Knead the pasta dough a little more on a floured worksurface. Sprinkle a small amount of pasta dough onto the pasta maker to stop sticking.
16. Separate the dough into four and begin to roll out one piece. Once flat begin to feed through the pasta maker making sure it is on number 8. Cut the dough into sheets and one at a time add them to the boiling water. Leave one sheet in water for about 10-15 seconds, remove and add immediately to the cold water. Leave for 5 seconds and place onto baking paper. Repeat this for each pasta sheet, making sure the pasta sheets do not touch when they are placed on the baking paper.
17. In the lasagne dish add a small amount of the tomato sauce and spread evenly. Then add a layer of pasta sheets.

18. On top of this add a layer of bechamel sauce and a layer of mince mix. Top with a layer of tomato sauce and repeat.
19. To top off add a layer of pasta sheets then add bechamel sauce to top. Sprinkle over the grated cheese and place in the middle of the oven.
20. Leave to cook for 30-35 minutes. The top should be browning and the cheese bubbling.