

Vegetarian lasagne

With some simple changes you can turn a traditional lasagne into a vegetarian option.

Ingredients

Serves people

Dried red lentils - 210g

Brown onion - 1 small

Carrot - 1 large

Celery - 2 stalks (130g)

Zucchini - 1 large

Olive or canola oil - ½ tablespoon

Garlic - 1 clove (5g) (crushed)

Crushed tomatoes - 1 x 800g can (canned)

Dried basil - ½ teaspoon

Dried oregano - ½ teaspoon

Spinach - 100g

Ricotta cheese - 375g

Instant lasagne sheets - 225g

Cheese - ¼ cup (grated)

Method

- 1 Cook lentils according to packet instructions.
- 2 Finely dice the onion, carrot and celery, and grate the zucchini.
- 3 Heat oil in a large frying pan over a medium heat. Add the onion, garlic, carrot, celery and zucchini, and cook, stirring, for 3 to 4 minutes until onion is tender.
- 4 Add crushed tomatoes, lentils, basil and oregano to the pan. Reduce heat to medium-low, then cover and leave it to cook, stirring occasionally, for at least 30 minutes or until the sauce has thickened slightly.
- 5 While the sauce is cooking, preheat the oven to 200°C.
- 6 Chop the spinach, then mix it with the ricotta in a bowl.
- 7 When sauce is cooked, place a small spread of sauce on the base of a large baking dish.

- 8 Place a single layer of lasagne sheets over the sauce.

- 9 Add a second layer of sauce and half the ricotta and spinach mixture.

- 10 Continue layering the lasagne sheets and sauce, repeating until the dish is almost full. Finish with a layer of sauce and the other half of the spinach and ricotta mixture.

- 11 Top with grated cheese.

- 12 Bake in the oven for approximately 45 to 60 minutes, until cooked through and the top is golden.

Allergy modifications

- For a milk protein free and lactose free option, lasagne can be made without ricotta and parmesan cheese.
- For a wheat/gluten free option, use gluten free lasagna sheets (check gluten free products for soy, if required.)

Recipe tip

- Layers of baked pumpkin or eggplant can be used between layers of sauce for variety.
- Use frozen spinach instead of fresh spinach. Defrost and squeeze out extra moisture before mixing with the ricotta.

Each serve provides

Benefit	Children's serves
Meat/alternatives (lentils)	1 children's serve
Vegetables	2 children's serves
Milk/alternatives (cheese)	1 children's serve
Grains (lasagne sheets)	1 children's serve
A good source of vitamin C	-
A source of iron	-

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

Written and reviewed by dietitians and nutritionists at Nutrition Australia, with support from the Victorian Government.



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