

VEGGIE LASAGNE (From cully & sully)

Ingredients:

Tomato Sauce: 1 tin plum tomatoes, 1 tin chopped tomatoes, 1 table spoon tomato puree, pinch sugar, salt and fresh black pepper.

Cheese Sauce: ½ pint of milk, 2 tablespoons of plain flour, 30g butter, 100g grated cheese

Lasagne sheets

Veggies of your own choice but I use peppers, courgettes, onions, carrots, sweetcorn, mushrooms, broccoli and whatever else happens to be to hand

Stir-fry all the chopped veggies. I find that slicing the courgette into ribbons with a peeler takes up less space and you can get more veggies in your layers. Chuck in all the tomatoey stuff and salt, pepper and pinch of sugar then simmer while you make the cheese sauce.

Melt the butter. Add the flour mix together till it looks like a lump of play dough. Whisk in the milk slowly till it's a nice smooth consistency. Add the grated cheese.

Layer the lasagne sheets then the tomatoey veggie mix until you have no room left in the dish then top with the cheese sauce and grated cheese bake for 40 – 45 minute at gas 6.