

# Veggie Lasagne

Serves: **Serves 2**

## Ingredients (organic where possible)

- 1 tbsp of extra virgin olive oil
- 3 stems of celery chopped
- 2 red peppers chopped
- 150g/5½oz chestnut mushrooms, roughly chopped
- 1 large garlic clove, finely chopped
- 3 large red onions chopped
- ½ courgette sliced and then quartered
- 50g of broccoli florets, chopped
- 1 x 400g tin chopped tomatoes
- 5 sheets of whole wheat lasagne
- 120g manchego cheese, finely grated
- salt and freshly ground black pepper

## Method

Heat the oil in a frying pan over a medium heat. Add the garlic and onions and fry for 4-5 minutes, or until beginning to soften. Add the broccoli, celery and courgette and continue to cook, stirring regularly, for 5-6 minutes.

Add the red peppers and mushrooms and fry for a further 5-6 minutes, then add the tinned tomatoes and season to taste.

Bring the mixture to the boil, then reduce the heat until it is simmering and continue to simmer for 3-4 minutes. Preheat the oven to 200C/180 Fan/Gas 6.

Transfer the filling mixture to an ovenproof baking dish, and layer with lasagne on top of the filling and then the grated cheese. Make 3 layers and then bake in the oven for 18-20 minutes, or until the topping is golden-brown and the filling is bubbling.