

# Quick 'V' lasagne

## Ingredients

1 onion  
1 garlic clove  
1 carrot  
2 celery sticks  
1 x 10ml spoon oil  
100g green lentils  
1 can chopped tomatoes  
(400g)  
1 x 5ml spoon mixed herbs  
1 x 15ml spoon tomato puree  
200ml crème fraiche,  
reduced fat  
25g parmesan, grated  
100ml semi-skimmed milk  
Black pepper  
6 lasagne sheets



## Equipment

Chopping board  
Knife  
Garlic press  
Peeler  
Measuring spoons  
Frying pan  
Measuring jug  
Small bowl  
Spoon  
Foil trays  
Baking tray



## Method

1. Preheat the oven to 190°C or gas mark 5.



2. Prepare the vegetables:
  - peel and chop the onion;



- peel and crush the garlic;



- peel and slice the carrot;



## Method

- slice the celery.



3. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes.



4. Add the lentils, tomatoes, herbs and tomato puree.



5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.



## Method

6. Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.



7. Place an ovenproof dish or foil tray on a baking tray. Spread some mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce.



8. Repeat the previous step, finishing with crème fraiche sauce on top.



9. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

