

A healthy dinner

Veggie lasagne



bon_appetit_bylien

Ingredients (e.g. serves 2)

- 1 aubergine
- 1/2 pumpkin
- 2 handfuls spinach
- 1 clove garlic
- 800 ml tomato sauce with basil
- 200 g mince (or vegan mince)
- Lasagne sheets (e.g. from yellow lentils)
- Grated cheese (for between the layers and to top)
- 1/2 tomato
- Pepper and salt + your preferred seasoning

Method

Cut the aubergine and pumpkin into thin strips. Chop the garlic and wash the spinach. Arrange your ingredients based on how you plan to layer the lasagne in the oven dish. For example:

1 layer of spinach

1 layer of aubergine

1 layer of pumpkin

Garlic, sprinkled sparingly

1 layer of lasagne sheets

1 layer of tomato sauce

1 layer of cheese

Repeat twice (if your dish is large enough). Remember not to use lasagne sheets for the last layer because the oven will dry them out and make them crunchy.

Finish with a generous layer of cheese and garnish with tomato slices. Season to taste with pepper and salt (or your preferred seasoning).

Bake in the oven at 180 °C for approximately 35 to 40 minutes. Regularly check on the lasagne's progress and test with a fork before the time is up, if necessary, to see if the pasta is tender. Enjoy!