



Veggie Lasagne

A veggie lasagna with Alpro Soya Wholebean that even the staunchest of meat eaters will love

Preparation

1. Preheat the oven to 200°C. Slice the mushrooms and courgettes. Saute the shallots, garlic and mushrooms in 1 tablespoon of olive oil. After 5 minutes, add the courgette, halved cherry tomatoes and the chopped parsley and allow to cook for 3 minutes. Season with freshly ground pepper, salt and the herbs.
2. For the bechamel sauce, heat 30g of olive oil in a saucepan and sprinkle in the flour while stirring continuously until you obtain a smooth mixture. Let it cool and then gradually pour in the Alpro Soya Wholebean. Stir and bring to a simmer. Allow it to simmer until the desired thickness is achieved. Season with freshly ground pepper, salt and nutmeg.
3. Cover a greased baking dish with a layer of lasagna sheets. Create the lasagna by alternating the vegetable mixture, lasagna sheets, bechamel sauce and so on. Repeat until the baking dish is full and finish with a layer of bechamel sauce.
4. Place the baking dish in the preheated oven and bake for 40 to 45 minutes. Sprinkle over the mixed herbs and serve. A delicious dish that will certainly impress your friends.


4 portions


1h 10min



Ingredients

- 12 dried lasagne sheets
- 2 courgettes
- 500g mushrooms
- 24 to 28 cherry tomatoes, halved
- 2 shallots, finely chopped
- 1 clove Garlic, crushed
- a few sprigs of parsley

- 50g of flour
- 30g of olive oil
- 750ml of Alpro Soya Wholebean
- 2 tablespoons of olive oil
- Mixed dried herbs
- Pinch of Nutmeg
- Pinch of Salt and Pepper

Made with

Soya Unsweetened Chilled

