

# PESTO & ROASTED VEGETABLE LASAGNE

## [VEGAN & GLUTEN FREE]

**Serves:** 6

**Prep:** 50-60 mins

**Cooking:** 20-45 mins

**Cooling:** 5-10 mins

**Type:** Main Meal

**Tools:** 2x Large baking trays, kitchen foil, colander, chopping board, sharp knife, large pot(s) w/lid, whisk, food processor, silicone spatula, large casserole dish

**Courtesy of:** [Eat2Health Blog](#)



*Who doesn't love a good lasagne or pasta dish?! We absolutely love them. Especially a veganised recipe that can rival its rich meat and cheese filled equivalent! We made this classic dish back in January, but definitely plan on making it again soon! Our latest lasagne recipe is crammed with roasted vegetables, our delicious (and protein packed) spinach and tofu pesto, which is all topped off with a 'cheezy' white sauce! Healthy comfort food doesn't get any better than this! Although this recipe may require a little more organisation and prep than some, it's not complicated to make, especially if you are good at multitasking. We promise it's worth the effort; the rich pesto, creamy white sauce and chunky vegetables all help to make it a satisfying dish full of great flavours, textures and colours! So let's get cooking!*

## Ingredients

150-300g	Large portobello mushrooms (about 2-4)
200-300g	Red onion (2-3 small)
400-600g	Red bell pepper (about 2-3)
700-900g	Courgette (about 3-4)
1 tsp	Garlic infused oil
2 tbsps	Extra virgin olive oil (or some low-fat cooking oil spray)
1½ tsp	Dried Italian herbs
	Salt & Ground black pepper
1L	Basil tomato sauce (store bought or <a href="#">homemade</a> )
670g	<a href="#">Spinach &amp; Tofu Pesto</a>
400g	Lasagne sheets (GF, wholemeal or plain wheat flour)
450ml	<a href="#">Vegan + GF herby white sauce</a>
	Nutritional yeast flakes (*optional garnish)
	Fresh Basil (*optional garnish)

## Directions

- 1. Heat the oven** to 190°C/375°F. Line two baking trays with a sheet of kitchen foil.
- 2. Prepare the vegetables.** Wash dry and chop the mushrooms in to large chunks. Peel and roughly chop the onion. Wash, remove the stem and core and then chop the bell pepper into chunky strips. Wash the courgettes, trim off the tops and slice it (vertically) into about ½ cm strips. Place

the mushrooms, onion and bell pepper into one baking tray and the courgette into the other one.

Drizzle 1 tsp garlic infused oil and 1 tbsp of olive oil and add ¾ tsp dried Italian herbs over the mushroom mixture. **Tip:** *Alternatively use a low-fat cooking oil spray instead of the olive oil.* Season it with a little salt and a few grinds of black pepper to taste. Toss to coat. Drizzle 1 tbsp of oil (or use the spray) and add ¾ tsp dried Italian herbs over the courgette. Season it with a little salt and a few grinds of ground black pepper to taste. Toss to coat. Place the baking trays onto the middle and lower oven shelves. Roast for about 20mins or until tender and slightly browned; turn and toss the vegetables at least once. Remove.

3. If applicable **make a tomato sauce** or use an organic and/or healthy store bought variety instead. We'd recommend an onion and tomato or basil/tomato flavoured sauce. **Tip:** *You can use our previous lasagne tomato sauce [recipe](#), just omit the black olives, make sure to taste and season it to taste and make about one and half times the quantity shown.*
4. If applicable, **prepare the [spinach and tofu pesto](#).**
5. If applicable, **precook the pasta sheets** according to the packet instructions. **Tip:** *We used a high quality brand; the sheets were quite thin and didn't need to be precooked.*
6. If applicable, **make a bechamel-style white sauce**; use our [vegan and gluten free herby, white sauce](#) with these seasoning adjustments: ¼-½ tsp of dried thyme, basil and oregano, ¼ tsp ground nutmeg, ½ tsp salt and a few grinds of black pepper. If desired, stir through 1 tbsp (5-6g) of nutritional yeast at the end of cooking for a cheezy sauce (we did)!
7. **Assemble the lasagne!** Pour and spread about 2 cups (or about half) of the tomato sauce on the base of a large casserole dish. Add of layer of lasagne sheets, enough to cover. Add and spread half of the pesto. Top the pesto with some of the courgette and roasted mushroom mixture. Pour and gently spread over 1 cup (about another ¼) of the tomato sauce. Add another layer of lasagne sheets. Add and evenly spread the remaining pesto. Add another and final layer of courgette and mushroom mixture. Pour and spread a final cup of sauce. Add a final layer of pasta sheets. Pour and evenly spread the white sauce over the top layer of pasta.
8. **Bake the lasagne.** Place the casserole dish onto the middle oven shelf. Bake for 20-45 mins (depending on the type of pasta you are using) or until the pasta is cooked and the white sauce is lightly golden. Remove. If possible, allow it to cool for 10 mins. **Tip:** *Allowing it to rest will help with serving ease and it will also be a better temperature to eat!*
9. If desired, serve with a small green salad or some steamed green beans and garnish with some fresh basil and some additional nutritional yeast.

Enjoy!

**Tip:** *Cover and refrigerate any leftovers; reheat and consume within 3-4 days. Alternatively, store and freeze in one or several portions; defrost, reheat and consume within 1-2 months.*

## Notes:

- Overall we were really pleased with it! The only real hiccup was our casserole dish; we were using a new (larger) one and underestimated the quantity of veggies we needed (we would have loved to use more)! We have included a vegetable range in the ingredients list; just adjust the quantities to the size of your own dish.

- If you are in need of a GF pasta alternative, you can use GF lasagne sheets or adapt the recipe by using thin-ish slices of raw courgette and/or pre-salted and seasoned aubergine (ideally cut by a mandolin if possible) instead. We would have used wholemeal pasta sheets, but they are hard to come by in main stream supermarkets (well, at least around our neck of the woods). In the end we opted for a great Italian brand; delicate and thin sheets of durum wheat lasagne that required no precooking and only took about 20 mins to cook in the oven! They were stress free and delicious!
- The prep depends on skill, the number of kitchen helpers, the type of pasta and sauces you are using and/or any previous prep, e.g. making pesto the day before. You can use an organic/healthy store bought tomato sauce (we did!), easy cook pasta (we did!) and if preferred, omit the top layer of pasta sheets and white sauce and just add a thin layer of vegan cheeze and/or nutritional yeast instead!
- If you do not fancy making our spinach and tofu pesto, you can try and make an impromptu one by using your favourite store bought pesto and some silken tofu. Just blend them together in a food processor or blender. However, it's good to note that as ours contains spinach, the overall consistency is thick and chunky (which works perfectly in this lasagne). To save some time, you could also try and make your pesto a head of time and just refrigerate it in a sealed container until you are ready to use it.
- The overall quantity of vegetables, sauces and/or pasta sheets depends on the size of casserole dish you plan on using. Also, you do not need to use roasted veggies; try gently softening (and seasoning) some in a large frying pan instead. *Tip: Do not add raw mushroom, bell peppers and/or onion as they will end up make the dish really watery!*
- To save some time on chopping (and because we love them) we ended up using some large Portobello mushrooms! If desired, feel free to use some smaller mushrooms and/or adjust (or adapt) any of the vegetable medley as you see fit!
- Although our lasagne assembly is just a guide, we'd still always recommend starting with a layer of tomato sauce!