We are Ready......

**Tomato and Lentil Lasagne**

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**Suggested portion**

**Size for recipe**

1–2 years – 130g

3–4 years – 170g

**Ingredients – Serves 5**

**Onion, peeled** 60g (1 small)

**Garlic, peeled** 1 clove

**Olive oil** ½ tablespoon

**Oregano** ½ teaspoon

**Tomato purée** 15g (1 tablespoon)

**Canned tomatoes, chopped** 100g (½ x 200g can)

**Water** 400ml

**Red lentils, dried** 60g

**Soft margarine** 20g

**Plain flour** 20g

**Whole milk** 200ml

**Lasagne sheets** 90g (5–6 sheets)

**Cheddar cheese, full-fat** 30g

**Method**

1. Preheat the oven to 180ºC/350ºF/gas mark 4.

2. Chop the onion and garlic.

3. Heat the oil in a large pan on a medium heat, add the onions and garlic, and cook for

5 minutes until the onion has softened. Then add the oregano, tomato purée, canned

tomatoes, water and lentils and leave to simmer for 20 minutes.

4. Prepare a roux white sauce: in a separate pan melt the margarine on a low heat. Once it

has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a

little at a time, stirring continuously, bringing the milk mixture to the boil until thickened.

5. In an ovenproof dish, layer the tomato and lentil mixture and lasagne sheets and top with a layer of white sauce.

6. Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until piping

hot throughout and golden on top.