

We are ready.....

Tomato and Lentil Lasagne



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	$\frac{1}{2}$ tablespoon
Oregano	$\frac{1}{2}$ teaspoon
Tomato purée	15g (1 tablespoon)
Canned tomatoes, chopped	100g ($\frac{1}{2}$ 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 180°C/350°F/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.