

## Lasagne can be vegetarian!

### Vegetarian Lasagne and Ginger Oat Crunchy Biscuits

#### Ginger Oat Crunchy Biscuits

##### Ingredients

- 150 gm butter
- 1 tbsp. golden syrup
- 175 gm granulated sugar
- 75 gm self-raising flour
- 50 gm semolina
- 100 gm porridge oats (standard or jumbo)
- 2 tsp. ground ginger

##### Method

1. Pre-heat the oven to 180°C / 160°C fan oven (gas mark 4). Line three large baking sheets with baking paper or use silicone baking mats.
2. Put the butter, syrup<sup>a</sup> and sugar into a large saucepan and warm through over a medium heat until runny.
3. Remove from the heat and add the flour, semolina, oats and ginger. Mix up well, then tip onto a baking sheet, flatten out to cool for ten minutes.
4. Roll teaspoonfuls of the mixture into 36 little balls, place on the prepared baking sheet well-spaced apart. Flatten slightly and bake in the oven for about 15 minutes. Leave to cool on the baking sheets.

Note you can freeze the cooked biscuits and the uncooked dough balls.

<sup>a</sup> Brush your spoon with a little oil to let the syrup slip off easily.

## Vegetarian Lasagne

### Ingredients

#### (Tomato and Red Pepper Sauce)

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 1 large red pepper
- 2 garlic cloves, finely chopped
- 1 tsp. dried oregano
- 2 x 400 gm chopped tomatoes
- Salt and black pepper

#### (Spinach and Ricotta Filling)

- 250 gm spinach (largish bag)
- 1 large courgette (grated)
- 250 gm ricotta cheese
- Grating of nutmeg

#### (To Assemble)

- 8 sheets of lasagne (fresh or dried)
- 1 ball of mozzarella (sliced)
- 50 gm hard cheese, cheddar or Manchego (grated)

### Method

1. First make the sauce. Heat the olive oil in a large pan, adding the onion and red pepper. Cook until the vegetables are softened. Add the garlic and cook for two minutes.
2. Add the oregano, tomatoes and season with salt and black pepper. Bring to the boil then lower the heat, cover the pan and simmer for 15 minutes. Take the lid off the pan and simmer the sauce a bit longer until it thickens slightly. Allow to cool.
3. To make the filling, put the spinach straight into a large saucepan with the grated courgette. Cook for a few minutes until wilted, then drain – squeezing out as much water as possible. Leave it to cool a little then stir in the ricotta cheese and season with salt, pepper and nutmeg.
4. Pre-heat the oven to 200°C / 180°C fan oven (gas mark 6). Put a layer of tomato sauce in a large lasagne dish. Top with a layer of lasagne, then a layer of spinach mixture, then another layer of lasagne, another layer of tomato sauce, another layer of lasagne, another layer of spinach, another layer of lasagne, then a final layer of tomato sauce. Top with mozzarella, sprinkled with grated cheese.
5. Bake in the oven for 30 minutes.

Note you can use corn or wholemeal tortilla wraps instead of the lasagne sheets assembling in a round casserole dish.

If you use dried lasagne it is better to cook this first separately. Put it in a large pan of boiling salted water with a tea spoon of olive oil. Cook until al dente, then drain and leave to cool on a large tray, separating the sheets.