EM'S LASAGNA

The sauces used to layer this lasagna are delicous on their own, but really shine when combined in this dish. When laying down your pasta sheets, be careful not to overlap them too much (no more than an inch).

400g vegan lasagna sheets
200g baby spinach
1 punnet brown mushrooms, sliced
Vegan cheese, shredded (optional)
2 small tomatoes, thinly sliced
2 zucchinis, thinly sliced lengthways
1 medium sweet potato
1 medium eggplant
1/3 cup oil
1 tsp Himalayan Crystal salt
½ tsp black pepper

Marinara Sauce
¼ cup macadamia oil
1 large brown onion, sliced
3 cloves garlic, minced
1 carrot, grated
¼ tsp chilli flakes
¼ tsp black pepper
¼ tsp garlic powder
½ tsp thyme
½ tsp oregano
½ tsp Himalayan Crystal salt
¼ tsp sugar
300g tomato paste
2 cans diced tomatoes

Bechamel Sauce
3 tbsp magarine
3 tbsp plain or gluten free flour
2 ½ cups soy milk
¼ cup yeast flakes (nooch)
1 tsp Himalayan Crystal salt
¼ tsp pepper
1 tsp garlic powder

Preheat oven to 200 °C.

Spread all the vegetables aside from the mushrooms over a few baking trays, single layered. Add the oil, salt and pepper, covering the vegetables evenly. Bake for 20 minutes, turning them at the ten minute mark so that they cook evenly. Once baked, set aside and reduce oven to 180°C.

To prepare the marinara sauce, heat the macadamia oil in a medium sized pot and cook the onion and garlic until almost browned. Add the carrot and all spices, stirring constantly for two minutes. Then, add the tomato paste and continue mixing until the mixture has slightly browned. Add the diced tomatoes and cook for ten minutes, stirring occasionally. Set aside.

To make the bechamel sauce, melt the margarine in a medium sized pot over medium to high heat. Whisk in the flour slowly, trying to avoid lumps. Once evenly mixed, slowly add the soy milk while continuing to whisk. When this mixture is smooth, add the nooch, salt and spices. Whisk contstantly until the mixture begins to boil, then reduce to simmer. Continue to whisk for two to three minutes, adjusting seasoning to taste. Set aside.

Take the marinara sauce and spread a thin layer over the base of a large casserole pan. Add a layer of pasta sheets, being careful not to overlap the sheets too much. Place your first layer of sweet potato slices and top with a thin layer of bechamel. Then, top with raw baby spinach and a layer of zucchini and coat with more bechamel.

Add another pasta sheet layer, with the sheets going in the opposite direction to the base. Apply a generous layer of marinara sauce, followed by a layer of eggplant, raw mushrooms and bechamel.

Place another layer of pasta sheets, facing the same direction as the base. Finish with a layer of bechamel, vegan cheese and a layer of sliced tomatoes. You can add extra layers before this step, if you have extra sheets and ingredients you wish to use.

Bake at 180°C for 30 minutes, covered in aluminum foil. Remove the foil from the dish and increase the oven to 200°C and cook the lasagna for an additional 15 minutes, uncovered.

Remove from oven and allow to rest for 10 minutes before slicing and serving. We recommend it with a side of Jersey-style salad (p.84).