

Plant-Based Lasagna

An delicious alternative to traditional lasagne!



What You'll Need for the Lasagna

- 1 tin of brown lentils
- 1 green capsicum
- 1 red capsicum
- 2 zucchini
- 1 brown onion
- 1 carrot
- 1 jar of whole tomatoes (*or equivalent*)
- 2 tbsp tomato paste
- 2 garlic cloves
- 1/2 tsp of cinnamon
- 1 tsp of Himalayan salt
- 1 pinch of cayenne (*optional*)
- A decent amount of black pepper
- 1 yeast-free stock cube
- 2 cups of pure water (for stock)

- Sunflower or coconut oil 1 tbsp
- Lasagna sheets (*GF if needed*)
- 2 cups of raw cashews (*soaked*)
- 1/2-1 tin of additive-free coconut milk
- Garlic powder (I prefer this to nutritional yeast*)

****nutritional yeast contains MSG (monosodium glutamate) a very damaging toxin to the gut and brain!***

What You'll Need to Serve

- 2 avocados
- 1 lemon juiced
- 1/4 tsp himalayan salt
- Pepper/cayenne optional
- Sprouts (buckwheat/radish/broccoli or sunflower)

****Try to use organic where possible***

What To Do

1. Soak your cashews for a couple of hours if possible or add boiling water and let soak while you make the lentil bolognese filling
2. In a large pot on low-medium heat add your oil then add diced onion and crushed garlic, let this soften
3. Then add in your washed, diced veggies and give a good stir, this is also a great time to add in your spices and tomato paste
4. Dissolve your stock cube in boiling water and add this to the pot
5. Add in the tomatoes, salt & pepper and let this simmer for about 20 minutes
6. While this is simmering, prepare your 'White sauce' by rinsing your cashews well and adding these to a blender along with the coconut milk and yeast flakes
7. You may or may not need the 1/2 tin of coconut milk? Just play around with the measurements
8. I kept adding until I achieved a thick but pouring consistency
9. Preheat your oven to 180° C
10. In your lasagne tin lay down enough lasagna sheets to cover the base then pour over your layer of 'bolognese'
11. Add another layer of sheets and then pour over the 'white sauce'. Spread out until even
12. Pop in the oven for 40-45 minutes then get onto your avo cream
13. In a bowl add your avocados, lemon juice and salt then using a stick blender whizz this up well until smooth & creamy
14. Once lasagna is cooked, slice him up and serve with avo cream and sprouts

Note: this lasagna is even better the following day!