

Monty's Recipe:

The inspiration of this dish is from my amazing mum, she makes it at home and it is lavish and tastes wonderfully fantastic.

The name: Mum's mouth watering veggie lasagne.

Ingredients: 454g of frozen quorn/soya mince, one tin of plum tomatoes, one tablespoon of tomato puree, one large brown onion, one vegetable stock cube, one heaped teaspoon of Marmite, one sprig (chopped) or one teaspoon of dried rosemary, half a teaspoon of dried thyme, 40g of plain flour, 40g of unsalted butter, 400ml of milk, one bayleaf, one quarter teaspoon of grated nutmeg, six to eight lasagne sheets, parmesan for grating on top after it is cooked, olive oil, salt and pepper for seasoning. Serves four people.

Instructions: Firstly, finely chop the onion and fry until soft over a low heat. Next, add the frozen mince, a few grinds of pepper, salt, thyme, rosemary, Marmite and cook for 5-10 minutes, then add the tomato puree and cook for a few minutes more. Add the tin of plum tomatoes and use the can to add one more can of water. Chop the tomatoes into the mince. Place the lid on the pan and simmer for 10 minutes whilst you prepare the Bechamel sauce. For the sauce, melt the butter in a pan over a low heat and add the flour when it starts to bubble. Stir for a few minutes, then add the milk gradually, stirring all the time. When all the milk has been added, use a whisk to stir the sauce until it has thickened, heating all the time. Whilst the sauce is thickening, add the bayleaf and grated nutmeg.

To assemble, cover the base of your ovenproof dish (20 x 20 x 10 cm) with a little olive oil then add a layer of the mince, a layer of the Bechamel sauce, and three or four lasagne sheets. Repeat this again and top with a final layer of Bechamel sauce (don't forget to remove the bayleaf from the Bechamel sauce before assembly!). Grate parmesan over the top and cook at 180 degrees C for 30 - 40 minutes until bubbling and soft.

Cut and serve with a simple salad, garlic bread and a nice Chianti. Enjoy!

















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