CLUB COOK

THE RED HEN PROJECT

LASAGNE

Ingredients

- 500g **butternut squash**
- I quantity of homemade **tomato sauce**
- 1 **can vegetable soup** - or a can of tomatoes
- 25g strong **cheddar** grated
- 1/2 a pack of dry **lasagne** (about 10 or 12 sheets)
- 1 vegetable **stock cube**
- 1 **red pepper**

For the cheese sauce:

- 50g strong **cheddar**
- 500ml any kind of **milk**
- A pinch of dry **mustard powder**
- 1 big tablespoon of any white **flour**
- 1 big tablespoon of **butter or margarine**

Cambridge City foodbank



We have received support from the Cambridgeshire Community Foundation

LASAGNE

Makes enough for 6 people
Time to make 30 mins
Time to cook 40 mins

You will need a deep sided square or rectangle dish
23 x 19cm works well

This is a really satisfying meal - to eat and to make! Once you have made the two sauces it's simple to put into together. This is a veggie version and delicious.



1 Peel the butternut squash, remove the seeds and chop into small dice. Chop red pepper into small dice too. Fry these in a little oil.



2 After a few minutes add the tomato sauce and the tin of soup and crumble in the stock cube.



3 Stir and let it simmer gently with a lid on the pan for 20 - 30 mins. Check a few times it's not sticking. When the vegetables are soft, it's ready



4 While this is cooking make the cheese sauce. Put the milk, flour & fat into a pan and heat, stirring or whisking all the time.



5 It will blend together and when it starts to thicken cook for 1 more minute, stirring and then add the grated cheese & mustard. Stir until smooth and it's ready.



6 Now put them together: First put one layer of the vegetable sauce in the bottom of the dish. Then a layer of pasta sheets and then a layer of veg plus a few spoons of cheese sauce, then another pasta layer



7 Repeat this 3 or 4 times but finish with a layer of only the cheese sauce on top. Sprinkle with the 25g grated cheese. Bake at 180C/160fan/gas 6 for about 40 mins

TOP TIP! **Once you have made the layers you can put it in the fridge for a few hours or even over night until you're ready to cook it.**