

# Roasted Mediterranean Vegetable Lasagne

Serves 4-6

## Ingredients

- Approx 9 green lasagne sheets
- 450g cherry tomatoes, skinned
- 1 small aubergine
- 2 medium courgettes
- 1 small red pepper, cut into cubes
- 1 small yellow pepper, cut into cubes
- 2 garlic cloves, crushed
- 3 tbsp olive oil
- 50g pitted black olives
- 1 tbsp capers, drained
- 2 tbsp fresh basil
- 75g mozzarella cheese
- 35g plain flour
- 40g butter
- 570 ml milk
- 1 bay leaf
- A grating of fresh nutmeg
- 3 tbsp grated parmesan cheese
- Black pepper to season

## Method

- Prepare the aubergine and courgettes ahead of time by cutting them into cubes, leaving the skins on.
- Then toss the dice in about 1 level tsp of salt and place in a colander with a plate on top.
- Leave aside for an hour, so that some of the bitter juices drain out. after the hour, squeeze out any remaining juices and dry the cubes on a clean cloth
- Place the tomatoes, aubergine, courgettes, peppers and onions in a roasting tin, sprinkle with the chopped garlic, basil and olive oil.
- Toss everything around in the oil to ensure a good coating and season with pepper. Place the tin on the highest shelf in the oven for 30-40 minutes or until the vegetables are toasted brown at the edges
- Meanwhile, make the sauce by placing all the ingredients (except the cheese) in a small saucepan and whisk continuously over a medium heat until the sauce thickens and boils.
- Turn the heat down low and cook the sauce for a further 2 minutes, then add the parmesan cheese.
- When the vegetables are cooked, remove from the oven and stir in the chopped olives and the capers. turn the oven down to gas mark 4/ 350oF/ 180oC
- To assemble the lasagne, create layers of sauce, vegetables, mozzarella and lasagne sheets until the ingredients are used up.
- Top with the grated parmesan cheese

- Bake the lasagne in the oven for 25-30 minutes or until the top is crusty and golden. Serve with a fresh green salad dressed with lemon juice

#### Nutrition per 100g

Energy 83kcal; Protein 3.6g; Carbohydrate 4.7g; of which sugars 3.0g; Fat 5.5g; of which saturates 2.5g; Fibre 0.8g; Sodium 0.1g; Salt 0.25g.