

Vegetable Lasagne

Ingredients

300g Sweet Potato

300g Pumpkin

3 carrots

6 Silver beet leaves

½ zucchini

Salt & Pepper

1 jar tomato paste

200g cheese

½ cup fresh basil & oregano loosely packed

1 onion

2 cloves garlic

50g butter

3 tablespoons flour

700ml milk

1 bay leaf

1 teaspoon nutmeg

Method

1. Preheat oven to 210.
2. Grate carrots, pumpkin, sweet potato, zucchini and cheese.
3. Chop the onion, garlic, basil and oregano.
4. Fry the onion and garlic in a frying pan until soft.
5. Melt the butter in a saucepan add the flour and mix on the heat till it forms a paste. Keep on the heat for 2 minutes stirring the whole time.
Meanwhile heat the milk in a saucepan with the bay leaf and nutmeg, once heated slowly add to the flour mixture whisking to remove lumps.
6. Layer half the carrots, pumpkin, sweet potato and zucchini in a baking dish then spoon half the tomato paste then lay your pasta sheets on top.
7. Pour some white sauce over the pasta sheets, then sprinkle some cheese, then do the same again with the rest of your vegetables and sauce making sure you have cheese left for the top.
8. Bake in oven for 30 -35 mins.