



Posted on 14 September 2015

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Courgette and Mushroom Lasagne



Ingredients

For the tomato sauce:

1 tablespoon of olive oil

1 small onion

1 fat clove of garlic

1 tablespoon of tomato puree

400g can of chopped tomatoes

1 heaped teaspoon of light brown sugar

Salt and freshly milled black pepper

A handful of fresh parsley

For the lasagne:

2 tablespoons of sunflower oil

3 shallots

2 cloves of garlic

650g courgettes

300g mascarpone

50g cheddar cheese

Salt and freshly milled black pepper

300g chestnut mushrooms

1 pack of ready to cook lasagne sheets

2 heaped tablespoons of crème fraîche

50g parmesan cheese

Preparation

1 1. P

2 reheat the oven to 220 degrees or 200 degrees fan oven.

3 2. First make the tomato sauce. Chop the onion very finely. Heat the olive oil and cook the onion gently for 5 minutes to soften it, then add the crushed garlic and cook for another 2 or 3 minutes. Add the tomato puree, chopped tomatoes and brown sugar then season well. Chop the parsley leaves and stir into the pan, then simmer for about 20 minutes. Add 2-3 tablespoons of cold water if the sauce is too thick. Blend to make a smooth sauce.

- 4 3. Chop the shallots very finely and cut the courgettes into very small pieces. Heat 1 tablespoon of sunflower oil in a large deep frying pan and gently fry the shallots for 3-4 minutes, then add the crushed garlic and the chopped courgettes and cook for a further 8-10 minutes over a low heat, stirring occasionally. Stir in 100g of the mascarpone and grate in the cheddar cheese and season with salt and plenty of black pepper.
- 5 4. Meanwhile, wipe and slice the mushrooms and fry them gently in a tablespoon of sunflower oil, stirring frequently, for 8-10 minutes.
- 6 5. Now put the ingredients together in layers. Spread half of the courgette mixture in the bottom of a deep oven dish that is not too big, then lay on one layer of lasagne sheets. Spread the tomato sauce on next, then the mushrooms, followed by the second half of the courgette mixture. Add a second layer of lasagne sheets then top with 200g of mascarpone and the crème fraiche beaten together, making sure that all of the pasta sheets are completely covered. Finally, grate the parmesan finely and scatter over the top. Bake for 25-30 minutes, or until the pasta is completely cooked.

Cooks Note
