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Recipe: Spicy Vegetable And Bean Lasagne

Ingredients

1 red onion
1 red pepper
1 yellow pepper
1 courgette
125g chestnut mushrooms
1 large red chilli
2 cloves of garlic
1 tablespoon of olive oil
400g can of chopped tomatoes
1 tablespoon of tomato puree
400g can of mixed beans in mild chilli sauce*
A pinch of crushed chillies
100ml vegetable stock
Salt and black pepper
A handful of fresh basil
100g Parmesan cheese
250g Mozzarella cheese
4 large eggs
300g cottage cheese
Lasagna sheets [the type needing no precooking]

Servings
6
Person

Preparation

1. Peel, halve and slice the onion. Deseed the peppers and cut into thin strips. Quarter the courgette length ways and chop into pieces. Wipe and chop the mushrooms. Peel the garlic and chop finely. Deseed the chilli, halve and slice thinly.
2. Heat the olive oil in a saucepan and gently saute the onion for 5 minutes, then add the peppers, chilli and garlic and saute for a further 2 minutes. Put in the courgettes and mushrooms and cook and stir on a low heat for another 6-8 minutes.
3. Tip in the tomatoes, then stir in the hot stock, tomato puree, crushed chillies and mixed beans in chilli sauce. Cook for a few minutes until heated through and then season well with salt and black pepper and add a handful of chopped basil leaves.
4. Meanwhile, grate the Parmesan cheese and chop the Mozzarella into small pieces. Beat the eggs. Place 50g of the Parmesan in a bowl with the Mozzarella, cottage cheese and beaten eggs and mix well together. Season with salt and black pepper.
5. Preheat the oven to 190 degrees, or 170 degrees fan oven.
6. In a deep oven dish, [mine was 25cm square], spread a very thin layer of cheese sauce, then half of the vegetable and bean mixture, then cover with a layer of lasagne sheets. Then repeat these layers, with the same quantities, once more.
7. Spoon on the rest of the cheese sauce and scatter the remaining 50g of grated Parmesan on top. Bake for 35-40 minutes until cooked through, with a bubbling golden topping.

Cooks Note

This meat free dish is a healthier version of lasagna, packed with vegetables and pulses, and using a mozzarella and cottage cheese topping instead of a cream sauce, without losing out on flavour. Serve with a fresh crisp salad for a delicious family dinner. If you can't find mixed beans in a mild chilli sauce, just use a can of plain mixed beans, drained,, and

add a little extra stock and chilli.