

Vegetarian Lasagna with Lentils, Roasted Vegetables and Feta Cheese

hellóchef

Cals 966 • Prot 50 • Carbs 111 • Fat 35

Vegetarian

This hearty vegetarian lasagna is inspired by Greek flavours!

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🕒 cook: 60 min

R3546



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Vegetables	2 ppl	3 ppl	4 ppl	
Eggplant	1	1	2	Piece
Small zucchini	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Sauce				
Canned lentils	265	265	530	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Fresh basil	15	15	15	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Dried oregano	2	2	4	Grams
Chopped tomatoes	400	800	800	Grams
Tomato paste	30	50	70	Grams
Vegetable stock cube 15*	1	1	2	Piece
Honey	15	15	30	Grams
Tamari 9*	15	22	30	ML
Water	100	100	200	ML
Black pepper	0.5	0.5	1	Tsp
To assemble				
Parmesan 4*	60	90	120	Grams
Feta cheese 4*	50	75	100	Grams
Pine nuts 2*	20	30	40	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Panko bread crumbs 10*, 11*, 12*	20	40	40	Grams
Butter 4*	20	30	50	Grams
Plain flour 10*, 11*	20	30	50	Grams
Whole milk 4*	200	400	400	ML
Black pepper	0.5	0.5	1	Tsp
Lasagna sheets 5*, 9*, 10*, 11*	6	9	12	Piece

Allergens

*15 Celery, *9 Soya, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4043 / 966
Fat (g)	35.1
of which saturates (g)	17.6
Carbohydrate (g)	111
of which sugars (g)	28.8
Fiber (g)	24
Protein (g)	49.7
Salt (g)	6.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast vegetables

Preheat the oven to 200°C/180°C fan. Slice the **eggplants** and **zucchini** into 0.5 cm thick rounds. Place them on a lined baking tray. Drizzle with **oil** and sprinkle with **salt**. Bake for 25 min.



2 Prep

Meanwhile, drain and rinse the **lentils**. Peel and finely chop the **onion** and **garlic**. Grate the **Parmesan**. Roughly chop the **basil** leaves.



3 Make sauce

Heat a pan over a medium-high heat with a drizzle of **oil**. Cook the **onion** with a pinch of **salt** for 4 min or until softened. Add the **garlic** and **dried oregano**. Cook for 1 min. Add the **chopped tomatoes, tomato paste, stock cube, lentils, honey, tamari** and **measured water**. Simmer over a medium heat for 10 min. Stir in the **basil** and season with **salt** and **pepper**.



4 Prep crumb

Meanwhile, crumble the **feta** into a bowl. Roughly chop the **pine nuts**. Add the **pine nuts**, a pinch of **salt**, a drizzle of **olive oil** and the **panko bread crumbs** to the **feta** and toss.



5 Make bechamel

Melt the **butter** in a saucepan over a medium heat. Add the **flour** and stir until a sandy paste has formed. Gradually add the **milk** and whisk for 3-4 min until thickened. Add the **Parmesan** and season with **salt** and **pepper**.



6 Serve

Pour half of the **lentils** over the bottom of an oven-proof dish. Top with 1/2 the roasted **eggplant** and **zucchini**, followed by half of the **lasagna sheets**. Repeat. Finally, cover with the **bechamel**, top with the **feta** crumb and bake for 20 min or until the pasta is cooked. Once cooked, allow the **lasagna** to cool for 5 min.

Tip! You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.