

Lasagne in a Bowl

Ingredients

1 cup moringa leaves
1 bunch silverbeet leaves shredded
2 tbsp fresh oregano chopped
12 leaves basil
2 cups cooked red lentils (can use brown or beluga beans)
300g diced mushrooms
480g chopped tomatoes
8 sundried tomatoes soaked in boiling water for ½ and hour then blended with the water
6 garlic cloves minced
2 onions finely diced
6 lasagne sheets or 400g short pasta
Big splash of olive oil
1 tsp salt or to taste
Pepper to taste

Ricotta

½ cup basil leaves
250g tofu
1 cup cashews
2 tbsp nutritional yeast
Juice of ½ to 1 lemon

Method

1. In a saucepan sauté the onions and garlic in the olive oil, add salt and pepper.
2. Add the tomatoes and oregano and 2 cups water. Place the lid on the pan and cook for 10 minutes or until the tomatoes are broken down.
3. Add the mushrooms, cooked lentils, silverbeet and moringa leaves and cook for 10 minutes. Then add the sundried tomatoes and cook for a further 5 minutes or until all the veggies are cooked. You may need to add more water and salt and pepper.
4. Meanwhile cook the pasta to packet instructions, if using lasagne sheets you can break them in half.
5. To make the ricotta, place the nuts in a food processor and process until fine, add the rest of the ingredients and process. Shape into balls.
6. To assemble the lasagne bowl, place a ½ ladle of tomato sauce in each bowl then some pasta and a ricotta ball, then more tomato sauce, more pasta then more tomato sauce and 2 more ricotta balls and basil to garnish.



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