

SMOKEY LASAGNA

Ingredients (for 2-3 servings)

- 3-4 lasagna sheets

For the tomato sauce:

- 400 gr of chopped tomatoes from a can
- 200 ml of water
- 1 head of finely chopped onion
- 1 clove of finely chopped garlic
- 100 gr of finely chopped carrot
- 50 gr of finely chopped celery
- 100 gr of green peas
- 50 gr of fresh spinach
- 100 gr of mushrooms
- 100 of cubed aubergine
- Few basil leafs
- A sprig of fresh rosemary
- Salt, black pepper, a bit of sugar

For the Bechamel:

- 100 gr of cauliflower
 - 1 tbsp of flour
 - Salt, pepper
 - clove of finely chopped garlic
- Top with 3 slices of GreenVie Smoked Flavour



instructions

Start with the tomato sauce:

In a soup pot start by frying the onions and garlic in some olive oil.

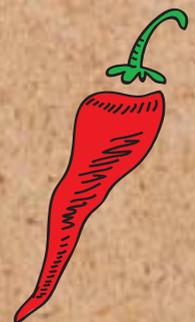
After 2 minutes add the carrots and celery, and cook for 5 minutes.

Now add the mushroom, aubergine, green peas and season with salt and pepper.

After another 5 minutes you can add the chopped tomatoes with the water.

When it all starts boiling lower the heat.

Now you can add the sugar and let it cook for 30 minutes, until thick.



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instructions



Now add the fresh basil, rosemary and the spinach and turn off the heat.

Stir it nicely and let it set on the side.

You can start preparing the bechamel sauce.



Boil the cauliflower in salted water for about 6-8 minutes, until soft.

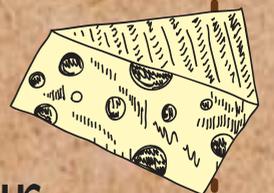
Add to a blender with the rest of the bechamel ingredients and blitz until smooth.

Start layering the lasagna now in the following order

- tomato sauce, sheet of lasagna, tomato sauce, sheet of lasagna, bechamel sauce,

sheet of lasagna, tomato sauce, **GreenVie Smoked Flavour.**

Bake in the oven, set to 180⁰ Celsius, for 35 minutes.



enjoy! ♥ ♥

