

Veggie lasagne

Cuisine: Italian

Food category: Vegetarian dishes



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Company: Retigo



Program steps

Preheating: 180 °C

1 Hot air 25 % Termination by time 00:10 hh:mm 180 °C 100 %

2 take out the GN container and complete the lasagne together, before you start the second step

Hot air 100 % Termination by time 00:40 hh:mm 160 °C 80 %

Ingredients - number of portions - 6

Name	Value	Unit
yellow peppers	2	pcs
zucchini	300	g
sweet potatoes	1	pcs
olive oil	15	ml
onion	1	pcs
chili pepper	1	pcs
garlic cloves, finely chopped	2	pcs
can of crushed tomatoes	800	g
oregano	10	g
vegetable broth	200	ml
spinach leaves	100	g
fresh lasagna pasta	10	pcs
salt	10	g
freshly ground black pepper, ground	5	g
plain wheat flour	75	g
butter soft	75	g
milk 3.5%	750	g
cheddar cheese	125	g
parmesan cheese	75	g

Directions

Preheat the Retigo combi oven to 180°C. Put the peppers, courgette and sweet potato into a large baking tray. Drizzle with 2 tablespoons of the oil, season with salt and pepper and toss together.

Roast for 10 minutes, or until softened and lightly browned. While the vegetables are roasting, heat the remaining oil in a large saucepan and gently fry the finely chopped large onion for 5 minutes, stirring regularly.

Add the chilli and garlic and cook for a few seconds more. Stir in the tomatoes, dried oregano and vegetable stock and bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside.

For the cheese sauce, put the flour, butter and milk in a large saucepan and place over a medium heat. Whisk constantly with a large metal whisk until the sauce is thickened and smooth. (Use a silicone covered whisk if cooking in a non-stick pan.) Stir in roughly two-thirds of the cheeses and season to taste.

Take the vegetables out of the oven and add to the pan with the tomato sauce. Stir in the spinach and cook together for 3 minutes. Season with salt and lots of ground black pepper.

Spoon a third of the vegetable mixture over the base of GN container and cover with a single layer of lasagne. Top with another third of the vegetable mixture (don't worry if it doesn't cover evenly) and a second layer of lasagne.

Pour over just under half of the cheese sauce and very gently top with the remaining vegetable mixture. Finish with a final layer of lasagne and the rest of the cheese sauce. Sprinkle the reserved cheese over the top.

Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion		Value
Energy	411 kJ	
Carbohydrate	23.8 g	
Fat	26.8 g	
Protein	17.2 g	
Water	0 g	

Bake for 40 minutes at the temperature of 160C, or until the pasta has softened and the topping is golden brown and bubbling. Stand for 5 minutes before cutting to allow the filling to settle.

*large sweet potato, peeled and cut into roughly 2cm chunks

*courgettes quartered lengthways and cut into roughly 2cm chunks

Recommended accessories



GN container Stainless steel full