

## Layered Eggplant Lasagna with Tomato and Black Bean Ragout and Cauliflower White Sauce



Serves 6 (serve size 469)

Energy: 1169Kj (278Kcal), protein: 20g, total fat: 5g, saturated fat: 1g, carbohydrate: 29g, dietary fibre: 20g, sodium: 60mg/100g

### Ingredients

- ) Olive oil lite x 1 tablespoon
- ) Brown Onion x 1 medium or 100g
- ) Garlic x 12 cloves or 60g
- ) Zucchini x 1 medium or 100g
- ) Carrot x 1 medium or 100g
- ) Black bean cooked x 600g or around 1.4 tins
- ) Crushed tomato low sodium x 2 tins or 800g
- ) Bay leaves x 2
- ) Dried Thyme x 2 teaspoon
- ) Ground Black pepper x 2 teaspoon
- ) Tomato paste x 2 – 3 tablespoon or 70g

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- ) Marmite yeast spread (Vegan) x 30g or approx 6 teaspoon
- ) Parsley x 1 good handful
- ) Cauliflower x 600g
- ) Eggplant x 1 medium or 360g
- ) Water x 3 cup

## Method

### Black Bean Ragout

1. Heat oil in a large saucepan
2. Add finely dice the brown onions, and 4 garlic and saute until translucent on a medium heat
3. Shred the zucchini and carrots and saute for a further 5 minutes
4. Add the black bean and if you are using store brought, drain the liquid first before adding the beans
5. Add in the dried thyme and stir in well, then add the bay leaves
6. Add all the crushed tomato and the 1 cup of water and bring to the boil and reduce the heat to a simmer
7. Add 1 tablespoon of ground black pepper
8. The cooking time will be approximately 1 hour on a low simmer, and you may need to add a little bit of water to stop it from going to dry
9. Add in the tomato paste and cook for further 15 minutes
10. Once the ragout is cooked set aside and allow it to cool, preferably overnight in the fridge. This will firm up the mixture to enable better cooking later on

### Cauliflower White Sauce

11. Floret all of the cauliflower and place into a pot
12. Rough chop the remaining 4 garlic and add
13. Add 1 cup of water
14. And gently simmer for around 10 minutes or until the cauliflower is soft
15. Strain the cauliflower and garlic, reserve some of the liquid aside
16. Place the cooked cauliflower, garlic into a food processor and pulse until smooth consistency. You may need to add a little bit of the reserved liquid, making sure you do not add too much. Discard remaining liquid that is left or use it in the black bean ragout.

### Eggplant

17. Slice all eggplant into approximately 3mm slices
18. One a non-stick frying pan and medium heat, pan fry until the eggplant is soft and set aside to cool

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### Now The Fun Part

19. Turn on and preheat the oven to 165c/329f and while the oven is heating, build the lasagna
20. Layer bean ragout, cauliflower white sauce and eggplant sheets
21. Cover loosely with foil, bake 20 minutes. Remove foil, bake a further 5-10 minutes until browned
22. Garnish with parsley

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