

Layered Eggplant Lasagna with Tomato and Black Bean Ragout with Cauliflower White Sauce and Crumb Ricotta (vegetarian)



Serves 6 (serve size 458g)

Energy: 1236Kj (294Kcal), protein: 20g, total fat: 9g, saturated fat: 3g, carbohydrate: 24g, dietary fibre: 16g, Sodium: 58mg/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 450g

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- 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
- Parsley x 1 good handful
- Cauliflower x 400g
- Eggplant x 1 medium or 360g
- Water x 3 cup
- Ricotta cheese (low fat) x 300g

Method

Black Bean Ragout

1. Add finely dice the brown onions, and 4 garlic and saute in a large saucepan until translucent with oil
2. Shred the zucchini and carrots and saute for a further 5 minutes
3. Add the black bean and if you are using store brought, drain the liquid first before adding the beans
4. Add in the dried thyme and stir in well, then add the bay leaves
5. Add all the crushed tomato and the 1 cup of water and bring to the boil and reduce the heat to a simmer
6. Add 1 tablespoon of ground black pepper
7. 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
8. Add in the tomato paste and cook for further 15 minutes
9. 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

10. Floret all of the cauliflower and place into a pot
11. Rough chop the remaining 4 garlic and add
12. Add 1 cup of water
13. And gently simmer for around 10 minutes or until the cauliflower is soft
14. Strain the cauliflower and garlic, reserve some of the liquid aside
15. 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 the remaining liquid that is left or use it in the black bean ragout.

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Eggplant

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

Now the Fun Part

18. Turn on and preheat the oven to 165c/329f and while the oven is heating build the lasagna
19. Layer bean ragout, cauliflower white sauce and eggplant sheets
20. Repeat the layering process
21. Add crumb ricotta either before or after baking
22. Cover loosely with foil, bake 20 minutes
23. Remove foil, bake a further 5-10 minutes until browned
24. Garnish with parsley

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