

Recipe created by Roberta Asher  
(chef & dietitian)



**Serves:** 8 (1 cup per serve)

**Time to prepare:** 45 mins

**Time to cook:** 30 mins

**Hands on time:** 45 mins

**Freeze:** Best eaten fresh

## Ingredients

350g button mushrooms

1 brown onion

3 cloves garlic

2 teaspoons extra virgin olive oil

1 teaspoon ground cumin

2 x 400g cans diced tomatoes

1 teaspoon dried oregano

1 large eggplant (~500g)

Extra virgin olive oil spray

Salt (½ teaspoon or less) and pepper

500g bag frozen cauliflower

300ml reduced salt vegetable stock

3 medium zucchini (~ 450g), sliced thinly lengthways

## NUTRITION INFORMATION

*Per 1 cup serve*

Energy	392 kJ / 94 cal
Protein	4.8 g
Carbohydrate	11.1 g
Dietary Fibre	5.3 g



Join our Free Enlighten  
Nutrition Facebook Group

[www.enlightennutrition.com.au](http://www.enlightennutrition.com.au)

## Method

1. Put a large pot of water on to boil. If you have a steamer use this.

### *Mushroom and tomato sauce*

2. Brush the dirt off the **mushrooms** with a damp cloth. Roughly cut into quarters. Then chop small batches of the mushrooms more finely using the chopper attachment of your food processor or hand-held blender.

**Chef's tip:** Chopping the mushrooms in small batches (food processor no more than ¼ full) will also help to stop it going mushy. Use a pulse action/ function by turning the blender/ food pressor on in short bursts to chop the mushrooms. This will help the mushrooms chop more evenly

3. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely.
4. Remove and discard the skin of the **garlic**. Then crush using a garlic crusher or finely mince on a handheld grater
5. Heat the oil in a saucepan on a medium- high heat. Add the **onions** and **garlic** and cook for about 3 minutes until the onion they soften. Add the **cumin**, cook for about one minute more until the cumin become fragrant.
6. Add **mushrooms**, **pepper** and a small amount of **salt** and continue to cook, stirring often for about 5 minutes.
7. Add the **tomatoes** and **oregano**, bring to the boil, once boiling turn the heat down to simmer for 15 minutes.
8. While the mushroom and tomato sauce are cooking preheat fan-forced oven to 180°C.

### *Roast eggplant*

9. Cut **eggplant** into 1cm thick slices.
10. Line a roasting pan or baking tray with baking paper and spray the paper with **oil**. Then spread with a single, layer of **eggplant** and spray with a little more oil. Sprinkle **pepper** and a small amount of **salt**. Roast in the oven for 20 minutes.

### *Cauliflower puree*

11. Boil or steam the **cauliflower** until soft, drain.
12. Add the cooked **cauliflower**, **reduced salt vegetable stock**, **pepper** and a small amount of **salt** to a blender jug. Puree until smooth. Add more stock as needed to get a thick white sauce like consistency.

### *Assemble the lasagne*

13. Cut the ends of the **zucchini**. Slice thinly lengthways.
14. Layer the **mushroom sauce**, **roast eggplant**, **cauliflower sauce** and **zucchini slices** in a baking dish. Top with the remainder of the cauliflower sauce.
15. Bake in oven for 30 minutes or until golden on top and bubbly on the edges.

**Time saving tip:** If you are short on time try making the mushroom and tomato and cauliflower sauce the day before. The whole lasagne can even be assembled a day ahead of time and baked when needed.

To save time when you make your next lasagne make a double quantity of cauliflower puree, mushroom and tomato or eggplant and freeze. It will keep for up to 6 weeks at -18°C. Just don't forget to label your container with its contents and the date you made it.

