SHOPPING LIST

Vegan Lasagne with Lentil Ragu and Cashew Bechamel

Serves 6

- [ ] 250 g lasagne sheets

Lentil ragu

- [ ] 2 tbsp olive oil
- [ ] 1 onion, finely chopped
- [ ] 2 carrots, finely diced
- [ ] 250 g mushrooms, finely chopped
- [ ] 3 cloves garlic, chopped
- [ ] 200 g dried green or brown lentils, rinsed
- [ ] 2 tbsp tomato purée
- [ ] 1 tin (400 g) chopped tomatoes
- [ ] 500 ml vegetable stock
- [ ] 2 tsp dried oregano

Cashew béchamel

- [ ] 150 g raw cashews, soaked in hot water for 30 minutes
- [ ] 400 ml plant milk
- [ ] 2 tbsp nutritional yeast
- [ ] 1 clove garlic
- [ ] Juice of 1/2 lemon
- [ ] Salt, pepper and a pinch of nutmeg

Tick off what you already have at home.