HEARTY & GROUNDING

Vegan Lasagne with Lentil Ragu and Cashew Bechamel

PREP	COOK	SERVES
30 min	1 h 15 min	6

Vegan Vegetarian

Layers of pasta, a rich lentil and mushroom ragu and a silky cashew béchamel, baked until golden.

Ingredients

- 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

Method

1. For the ragu, soften the onion, carrot and mushrooms in the oil for 10 minutes. Add the garlic and tomato purée and cook for 2 minutes.
2. Add the lentils, tomatoes, stock and oregano. Simmer for 35 to 40 minutes until the lentils are tender and the sauce is thick. Season well.
3. Drain the cashews and blend them with the plant milk, yeast, garlic, lemon juice, salt, pepper and nutmeg until completely smooth.
4. Heat the oven to 190 C. Layer ragu, pasta sheets and béchamel in a baking dish, finishing with béchamel.
5. Bake, covered with foil, for 30 minutes, then uncovered for 15 minutes until golden. Rest for 10 minutes before serving.

Cook's tip

Let the lasagne rest for ten minutes after baking. It sets, and the slices hold together on the plate instead of sliding apart.