

## Vegetable Lasagne

**Serves:** 6

**Preparation time:** 30 minutes

**Cooking time:** 40 minutes

### Ingredients

lasagne sheets  
2 Tbsp oil  
1 onion finely chopped  
1 eggplant sliced to 1cm thickness  
1 large red capsicum sliced  
2 medium carrots grated  
1 zucchini grated  
1 clove garlic  
1 packet of English spinach  
1 500g jar pasta sauce  
300g sour cream  
¼ cup milk  
1 cup grated cheese, preferably parmesan  
salt and pepper

### Method

1. Preheat oven to 180°C.
2. Heat oil and fry sliced eggplant then place aside.
3. Grill capsicum until skin on capsicum browns and peels away easily. Place aside.
4. Fry onion, garlic then add carrot, zucchini and pasta sauce and cook for 5 minutes.
5. In a separate bowl, mix sour cream, milk, cheese and salt and pepper with a whisk.
6. In a greased baking dish place a layer of lasagne sheets, then a layer of eggplant and half the vegetable/pasta sauce mix, then another layer of lasagne sheets, then a layer of grilled capsicum and the rest of the vegetable/pasta sauce mix. Finish with another layer of lasagne sheets topped with English spinach and the mixture of sour cream.
7. Bake for 40 minutes.

### Serving suggestions, tips or variations

Hint: rinse lasagne sheets with hot water before layering.

### Name

The Butler Family

## Veggie Burgers

**Makes:** 6

**Preparation time:** 15 minutes

**Cooking time:** 15-20 minutes

### Ingredients

2 zucchinis grated  
3 carrots grated  
1 red chilli finely sliced  
1 potato grated  
1 onion grated  
2-3 eggs  
125g grated cheese  
¼ cup breadcrumbs

### Method

1. Grate all veggies and cheese with food processor.
2. Finely slice red chilli.
3. Add eggs.
4. Add breadcrumbs (optional).
5. Mix all together in a bowl and make patties.
6. Cook in a fry pan with a little oil, until go

### Serving suggestions, tips or variations

Place on bread rolls to make hamburgers and add salad.  
Add a tin of chickpeas or any other vegetables, like corn or pumpkin.  
Serve with salad on a plate.

### Name

The Greeneberg Family

