

MAIN MEALS

This section has probably been the toughest to share because there are just so many ideas. I could go on for years with amazing stews, curries and one-pot wonders... Instead, I decided to offer you a range of regular suspects with a twist or two, and some exotic ideas that may get your own culinary juices flowing.



LENTIL & SPINACH LASAGNE

Sometimes you just have to veg out on amazing comfort food like a classic lasagne. There are many creative ways to do this dish justice, but this is one of my favourites. It's pretty easy to make, too. Serve with a leafy green salad.

SERVES 4-6

2 cups (500 ml) brown lentils
1 litre (4 × 250 ml) vegetable stock
(for homemade stock, see page 144)
200 g baby spinach leaves
200 g baby marrows
1 Tbsp olive oil, divided
2 Tbsp fresh basil, chopped
2 Tbsp fresh origanum, chopped
1 Tbsp fresh parsley, chopped
Salt and ground black pepper
3 cups (3 × 250 ml) Marinara Sauce,
see page 138
250 g lasagne sheets
2-3 cups (2-3 × 250 ml) Bechamel
Sauce, see page 139
100 g grated vegan mozzarella
1 tsp smoked paprika
1 Tbsp nutritional yeast

1 Rinse the lentils and place in a pot with the stock. Bring to a boil, then lower the heat and simmer for 20 minutes, or until tender. Drain and set aside.

2 Rinse and drain the spinach and marrows. Roughly chop the spinach and slice the baby marrows into thin rings.

3 Drizzle olive oil over the base of a rectangular ovenproof dish (± 30 × 20 × 5 cm). Spread a layer of baby marrows over the base, followed by a layer of spinach leaves and cooked lentils. Scatter over half the chopped herbs and season to taste.

4 Pour over half the Marinara Sauce.

5 Cover with a layer of lasagne sheets, overlapping them slightly (break them to fit, if necessary). Spoon over half the Bechamel Sauce.

6 Repeat the layers, ending with a layer of lasagne sheets topped with Bechamel Sauce, spreading it edge to edge.

7 Cover with a lid or foil and bake in a preheated oven at 200°C for 20-25 minutes. Test with a skewer or sharp knife and if the lasagne is not cooked, cook for another 5-10 minutes.

8 When the pasta is done, sprinkle grated mozzarella over the top and dust with smoked paprika and nutritional yeast. Return to the oven, with the lid off and bake for 5-10 minutes to melt the cheese into a golden crust. Remove and set aside to cool for a few minutes.

NOTES

- To save time, use 3 cups bought marinara (tomato-basil) pasta sauce and 2 cups white sauce or cheese sauce.