



# Recipe of the week

## Summer Veggie Lasagne



Serves : 4   Prep: 7min   Cook: 20min

### Ingredients-

- 1 large red capsicum, deseeded, halved
- 1 large yellow capsicum, deseeded, halved
- 3 large zucchini, sliced 5mm-thick lengthways
- 1 small eggplant, cut into 5mm-thick rounds
- 2 bunches asparagus, trimmed
- 4 fresh gluten-free lasagne sheets
- 400g cottage cheese
- 2 teaspoons salted baby capers, rinsed, chopped
- 2 teaspoons finely grated lemon rind
- 2 tablespoons chopped fresh continental parsley
- 1/2 cup fresh basil leaves
- Baby beetroot leaves, to serve
- 6 slices wholegrain gluten-free bread, toasted

### Method

1. Heat a chargrill pan over high heat. Spray capsicum with oil. Grill for 6-8 minutes, until skin is blackened. Transfer to a bowl. Cover. Set aside for 10 minutes. Peel away skin.
2. Meanwhile, spray zucchini and eggplant with oil. Grill for 2-3 minutes each side, until tender. Steam asparagus until tender. Cool.
3. Cook the lasagne in a large saucepan of salted boiling water for 2-3 minutes, until tender. Drain. Combine the cottage cheese, capers and lemon rind in a large bowl.
4. Line a 11 x 21cm loaf pan with plastic wrap, allowing sides to overhang. Line tin with zucchini, overlapping and allowing 3-4cm to overhang. Layer with yellow capsicum, half the cheese mixture, half the lasagne, the asparagus, eggplant, remaining lasagne, remaining cheese mixture, herbs and red capsicum. Cover with overhanging zucchini, then plastic wrap. Top with cans of food to weight down. Place in fridge overnight to set.

### **Nutritional values per serve**

Energy 1110kJ	Fat saturated 2g
Fat Total 9g	Protein 16g
Carbohydrate Total 24g	Dietary Fibre 8g