



Veggie Lasagne with Black Beans



4 Servings



Prep: 15 mins

Cook: 50 mins

INGREDIENTS

- 3 cloves garlic
- 1/2 cup olive oil, extra virgin
- 3 chopped fresh tomatoes, or 2 cans chopped
- 4 cups black bean , drained (or 3 cans)
- **2 tbsp Belicious Portuguese Spice**
- **2 tbsp Belicious Piri-Piri**
- 1 bunch celery, cut in pieces
- 1 chopped red capsicum
- 3 small eggplants, chopped
- 3 tbsp tomato concentrate
- 1 box lasagna sheets
- 2 cups almond milk
- 1 cup pizza sauce (half a bottle)
- 1 sprinkle nutritional yeast

DECORATION/ACCOMPANIMENT

LET'S GET COOKING!

1. Fry garlic in half the oil until brown.
2. Add tomatoes, stir and let it simmer for 3 minutes.
3. Add Belicious Portuguese spice and Piri-Piri, stir until aromas are released, then add about half cup water.
4. Add all veggies except the black beans, stirring. Let it simmer on low heat for half an hour.
5. Add black beans and salt to taste, let it simmer for another 5 minutes, putting more water if it starts to get stuck to the bottom.
6. Switch the oven on fan forced to 200 degrees.
7. In an oven proof dish, add some of the almond milk to wet the dish, then add one single layer of lasagne sheets.
8. Add a layer of the veggie and bean mix, then another layer of lasagne. Add more almond milk to the lasagne, then add another layer of veggies. Finish with a layer of lasagne sheets.
9. Baste the lasagne sheets top layer with the pizza sauce, spreading with a spoon to form a thin layer. Top with the sprinkle of nutritional yeast, and put in the heated oven, decreasing the heat to 180 degrees for 40 minutes.

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Belicious ingredients



Piri Piri
Sauces



Masala
Portuguese
Spice

