



Serves 6

INGREDIENTS:

200g wholewheat pasta sheets (I used 9)

1 lasagna dish

Base Sauce:

- 2 cloves garlic chopped
- 1 leek chopped
- 100g mushrooms diced
- 1 large carrot diced
- 30g tomato puree
- 1 tin chopped tomatoes
- 2 tins lentils drained
- 100ml red wine (optional)
- Sea salt / black pepper
- 5-6 sun dried tomatoes chopped
- 1 tbsp of nutritional yeast (more for sprinkling between layers)

Method Base Sauce:

- In a pot add some water and add your leek , garlic and saute gently for 2-3 mins.
- Add your carrot , mushroom, red wine, seasonings and cook gently for 10-15 mins
- Add your lentils, chopped tomato, sun dried tomato , puree and nutritional yeast and simmer for another 5-10 mins. Set to the side.



Cashew Cream Sauce (Bechamel):

- 100g Cashew Nuts
- 300ml oat milk
- 1 tbsp of nutritional yeast
- Juice of ½ lemon
- Dash of sea salt
- Dash of garlic pepper and garlic powder

Method Cashew Cream:

- Soak your cashew nuts in boiling water for 10 minutes.
- Drain the nuts and place in a blender with the rest of the ingredients.
- You may need to vary nuts and milk depending on your serving size of a meals.
- Feel free to adjust seasonings as you wish.

Assemble:

- Cashew Cream sauce on the bottom of your dish
- Add a layer of pasta sheets (average dish this is 3)
- Add your tomato based sauce
- Sprinkle some nutritional yeast lightly over the tomato sauce .
- Repeat the layers, sprinkle nutritional yeast on top
- Cover with foil and bake for 20 – 25 mins with last 10 minutes uncovered for browning



Serve:

Serve with a side salad or steamed greens!