Slow Cooker Vegetable Lasagne

Make this low-calorie veggie lasagne as a lighter alternative to the traditional bake. It also packs in all of your five-a-day!

Ingredients:

1 tbsp rapeseed oil

2 tbsp tomato purée

2 tsp vegetable bouillon

15g fresh basil, chopped and a few leaves

2 onions, sliced

2 large garlic cloves, chopped

2 large courgettes, diced (400g)

1 red and 1 yellow pepper, deseeded and roughly sliced

400g can chopped tomatoes

1 large aubergine, sliced across length or width for maximum surface area

6 wholewheat lasagne sheets (105g)

125g vegetarian buffalo mozzarella, chopped Prep Time: 30 mins

Cook Time: 2 hrs and 30 mins - 3 hrs

Difficulty: Easy Serves: 4 people

Method:

Heat 1 tbsp rapeseed oil in a large non-stick pan. Fry 2 sliced onions and 2 chopped large garlic cloves for 5 minutes, stirring frequently until softened. Tip in 2 diced large courgettes, 1 red and 1 yellow pepper (both roughly sliced), 400g chopped tomatoes, 2 tbsp tomato purée, 2 tsp vegetable bouillon and 15g chopped basil.

Stir well, cover and cook for 5 minutes. Don't be tempted to add more liquid, plenty of moisture will come from the vegetables once they start cooking!

Slice 1 large aubergine, laying half the slices in the base of the slow cooker and topping with 3 sheets of lasagne. Add a third of the ratatouille mixture, the remaining aubergine slices, 3 more lasagne sheets and then the remaining ratatouille mixture.

Cover and cook on high for $2\frac{1}{2}$ - 3 hours until the pasta and vegetables are tender. Turn off the machine.

Scatter 125g vegetarian buffalo mozzarella over the vegetables, then cover and leave for 10 minutes to settle and melt the cheese. Scatter with extra basil and serve with a handful of rocket.