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Lasagne with Cashew 'Cheese' Sauce

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You'll need:

- 1 large eggplant
- Bunch of English spinach
- 1 large onion, finely chopped
- 1 large capsicum, finely chopped
- 2 large sticks celery, finely chopped
- 3 cloves garlic, crushed
- 500g mushrooms, thinly sliced
- 3 tins chopped tomatoes
- 1 Massel chicken stock cube
- 2 teaspoons basil
- ½ teaspoon Italian Herbs or Mixed Herbs
- 1½ cups tomato puree
- 190g jar Leggo's Sundried Tomato pesto sauce
- 1 cup dried TVP soaked in 1 cup boiling water
- Wholemeal lasagne sheets (instant)



Here's what to do:

- Thinly slice eggplant lengthways and place in 200°C oven for 15-20 minutes. Set aside.
- Thoroughly wash English spinach leaves and set aside.
- Cook onion, capsicum, celery and garlic in a little water until soft.
- Add mushrooms, tomatoes, stock cubes and herbs.
- Cover and cook until tender.
- Stir through tomato puree, pesto sauce and TVP.
- Cover base of casserole dish with a little of the sauce mixture.
- Layer with lasagne sheets, sauce, eggplant, spinach and cashew 'cheese' sauce.
- Continue to layer and finish with cashew 'cheese' sauce.
- Bake in 180°C oven for 45 minutes or until pasta is cooked.

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To make the Cashew 'Cheese' Sauce you'll need:

- 2 cups raw cashews
- 2 cups water
- ½ teaspoon garlic powder
- 1 teaspoon onion powder
- Pinch mixed herbs
- 1 yellow or green capsicum, quartered
- 2 tablespoons savoury yeast flakes
- 4 tablespoons lemon juice



Here's what to do:

Blend cashews and water until smooth.
Add remaining ingredients and blend until smooth.

Note

- TVP (Texture Vegetable Protein) and Savoury Yeast Flakes can be purchased from health food shops.
- Massel stock cubes are vegetarian and can be found with other stock cubes in most major supermarkets.