

Rescue recipe

This recipe is great for using up any vegetables you have in the fridge that need eating.



Vegetable Lasagne

By Caroline Marson

Feeds 2 adults and 2 children

1 tablespoon olive oil
175g onions, peeled and finely chopped
2 small courgettes cut into 2.5cm dice
1 small pepper, cored and cut into 2.5cm squares
150g butternut squash, peeled and cut into chunks, optional
1 large leek, cut into discs, optional
1 garlic clove, peeled and crushed
400g tin chopped tomatoes
4 tablespoons tomato puree
Salt and ground black pepper
300ml water or vegetable stock
225g pre-cooked lasagne

Cheese sauce

40g butter or margarine
35g plain flour
560ml milk
1/2 teaspoon mustard, English, Dijon or wholegrain
125g Cheddar cheese, grated
Pumpkin seeds

1. Preheat the oven to 180°C (350°F) gas mark 4. Grease a deep 30cm square ovenproof dish with a little oil.
2. In a frying pan heat the onions, courgettes, peppers and garlic in the remaining oil for a few minutes. Then add the tomatoes, tomato puree, seasoning and water or vegetable stock. Bubble for 10-15 minutes.
3. To make the cheese sauce, place all ingredients except the cheese and pumpkin seeds in a small saucepan and whisk continuously over a medium heat until the sauce begins to boil and thicken. Turn down the heat to its lowest and let the sauce cook for 2 minutes. Add half of the grated cheese.
4. Into the baking dish, pour one quarter of the sauce, followed by one third of the vegetable mixture. Sprinkle in a third of the cheese and follow this with a single layer of lasagne sheets. Repeat this process, ending up with a final layer of sauce, then a good sprinkling of cheese and the pumpkin seeds for added crunch.
5. Cook in the oven for 25-30 minutes or until golden and bubbling.



Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your fruit and vegetables.



Fruit and Vegetables

Storage

Most fruit and vegetables will keep fresher for longer if stored in the fridge, in the bag or pack they came in.

Keep onions and potatoes in a cool dark place.

Store bananas out of the fridge and away from other fruit.



Top Tips

Over ripe fruit is great in a smoothie or crumble.

Use up fruit on cereal and in curries.

Tired vegetables are great in a stir-fry, soup, sauce or casserole.

Leftover vegetables are lovely added to pasta or rice dishes.

Don't forget!

Your vegetable peelings, unusable salad leaves and fruit scraps are perfect ingredients for your compost bin.



For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com

