



Vegetable lasagna

20'

Hands on

20 minutes'

Hands off

60'

Cook Time

6-8

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Place a pan over high heat and let it get hot.
- Chop the aubergines into 0.5 cm slices and place in a bowl.
- Add salt, pepper, 2-3 tablespoons olive oil, thyme and oregano. Toss to coat.
- Add them to a baking pan in layers. Bake for 2-3 minutes on both sides, until golden.
- When ready, transfer to a bowl and set aside.
- Place the same pan over heat.
- Chop the zucchini into 0.5 cm slices and place in a bowl.
- Add salt, pepper, 2-3 tablespoons olive oil, thyme and oregano. Toss to coat.
- Spread them out in a pan and cook for 2-3 minutes on both sides, until golden.
- Transfer to the bowl with the aubergines.
- Chop the tomatoes into 0.5 cm slices. Add 1 tablespoon olive oil, salt and pepper.
- Transfer to the bowl with the vegetables.
- Place the same pan over heat and add 1 tablespoon of olive oil.
- Finely chop the spring onions and garlic. Add them to the pan.
- Add the spinach and sauté for 2 minutes until they wilt.
- When ready, remove from heat and set aside.
- Brush an ovenproof baking dish with 1 tablespoon olive oil and spread 7 sheets of lasagna.
- Over them, spread 1 layer of tomatoes, 1 layer of aubergines, 1 layer of zucchini and 1/3 of the spinach.
- Sprinkle with 1 tablespoon mint, 1 tablespoon dill, 100 g feta and 70 g gruyere.
- Repeat the same process another 2 times. You should have 3 layers of lasagna sheets, vegetables, herbs and cheese.
- Before adding the final layer of cheese, drizzle with the juices leftover from the vegetables in the bowl.
- Cover with a sheet of parchment and then with a sheet of aluminum foil.
- Bake for 40 minutes, remove coverings and bake again for 10-15

Ingredients

- 2 aubergines
- 3 zucchini
- 500 g spinach
- 80-100 g olive oil
- 2,2 kilos tomatoes
- 1 clove of garlic
- 2 spring onions
- 21 lasagna sheets
- 300 g feta cheese
- 200 g gruyere cheese, grated
- ½ bunch dill
- ½ bunch mint
- 3 tablespoons thyme
- 3 tablespoons oregano
- salt
- pepper

To serve

- mint leaves
- 1 tablespoon olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

568 Calories (kcal)	24.0 Total Fat (g)	13.0 Saturated Fat (g)	62.0 Total Carbs (g)
28%	34%	65%	24%
12.0 Sugars (g)	20.0 Protein (g)	8.6 Fibre (g)	1.9 Sodium (g)
13%	40%	34%	32%

minutes, until golden.

- When ready, remove from oven and allow to cool for 20 minutes.
- Serve with mint leaves, 1 tablespoon of olive oil and pepper.