

Tuna & Veggie Lasagne

Rating ★★★★★

Dietary: EF, NF

Allergens: Wheat, Fish, Dairy

Age group: 8 months+

Mealtime: Lunch

Difficulty level: Medium

Serves: 12

Prep: 20-25 mins

Cook: 40 - 45 mins



Tuna & Veggie Lasagne Method



Egg Free



Nut Free

Equipment

Casserole dish

Ingredients

- 1 tbsp (20ml) extra virgin olive oil
- 1 large brown onion (110g), peeled and halved
- 2 garlic cloves (20g), peeled
- 2 stalks of celery (120g), rinsed and roughly chopped
- 1 medium carrot (120g), peeled and roughly chopped
- 1 medium zucchini (190g), rinsed and roughly chopped
- 700g tomato passata
- 425g canned tuna, in spring water, drained
- 2 cups (120g) baby spinach, rinsed, roughly chopped
- ¼ cup (20g) fresh parsley, finely chopped
- 6-8 wholemeal lasagne sheets, instant

BÉCHAMEL SAUCE

- 60g (¼ cup) unsalted butter
- 1/3 cup (40g) wholemeal spelt flour
- 3 1/2 cups (875ml) milk of choice
- 1 ½ cups (120g) cheddar cheese, grated
- 1 tbsp (16g) chia seeds

1. Preheat oven to 180°C.
2. Place onion, garlic, celery, carrot, and zucchini in a food processor and process until finely grated.
3. Heat oil in a large saucepan over medium heat, add onion vegetable mix and cook for 4-5 mins.
4. Add passata and tuna and cook, covered over low heat for approximately 15 mins, stirring occasionally.
5. Add spinach, parsley and set aside.
6. To make the béchamel sauce, melt the butter in a medium-sized saucepan over medium heat.
7. Remove from hot plate, add flour, and whisk for about 30 seconds, or until well blended.
8. Place saucepan back onto the stove, reduce heat to low and slowly whisk in the milk, one cup at a time. Cook until it thickens, whisking continuously. If sauce is too thick, add more milk.
9. Stir in 1 cup of grated cheese and set aside.
10. To assemble, add about 1 cup of tuna vegetable sauce on the base of a large casserole, then cover with lasagna sheets.
11. Layer with 1 ½ cups of tuna vegetable sauce (or enough to cover the pasta) and 1 cup of bechamel sauce. Repeat layering this way and finish with a layer of bechamel sauce.
12. Top with chia seeds and extra grated cheese and bake in the oven for 40-45 mins or until golden brown, and pasta is cooked.

Mandy's serving suggestion: Serve with a garden salad.

Storing leftovers: Serve immediately, store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months. Warm before serving.

Tips

- ✓ **For a dairy-free version:** Swap butter for extra virgin olive oil and milk for a dairy-free alternative such as coconut, oat or soy milk. Leave out the cheese and stir ½ cup of nutritional yeast into the béchamel sauce.
- ✓ **For a gluten-free version:** Swap lasagne sheets for gluten-free rice lasagne sheets. Swap wholemeal spelt flour for organic cornflour, arrowroot or a gluten-free flour mix.
- ✓ **Easy ingredient swaps:** If you're using fresh fish, cook the fish with the onions until browned on both sides, then continue with the recipe. Swap spinach for greens of choice.
- ✓ **For Fussy Eaters:** Make sure all the vegetables are finely pureed into the sauce.
- ✓ **For a baby friendly version:** Serve mashed or cut into finger food-sized pieces.