



# LASAGNA

## **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts

**Prep time:** 20 mins

**Cook time:** 75 mins

**Serves:** 6

## **INGREDIENTS**

- 500g chicken mince
- 1 tbsp olive oil
- 1 medium eggplant, thinly sliced
- 1 medium sweet potato, thinly sliced
- 5 spring onions, or 1 onion, diced
- 1 zucchini, diced
- 1 cup broccoli, diced
- ½ red capsicum, diced
- 2 cloves garlic, crushed
- 1 can diced tomatoes
- 1 tbsp dried oregano
- ¼ tsp black pepper
- 1 tsp salt
- 1 tbsp parsley
- 1 tbsp honey
- 1 cup tomato puree
- 2 tbsp tomato paste
- 2 tbsp dairy free parmesan cheese (optional)
- 1 litre almond or coconut milk
- 2 tbsp water mixed with 2 tbsp potato flour



## **METHOD**

- Preset oven to 160°C (325°F).
- Place chicken mince and oil into large pan, and cook on medium high heat, stirring to break up, and cooking for 10 minutes.
- Add onions, garlic, tomatoes, pepper, oregano, salt, parsley, honey, tomato puree, and tomato paste and cook 10-15 minutes.
- While this is cooking make the white sauce.
- In a microwave proof jug, pour 1 litres of coconut or almond milk and heat on High for 7 minutes.
- Add mixed water and potato flour and stir to thicken a little.
- Return to microwave and cook on High for another 5 minutes, stir well.
- Add dairy free cheese (if using), mix and stand aside.
- When chicken is ready, spread 1/3 mixture onto base of deep baking dish.
- Cover with a layer of eggplant slices, then a layer of white sauce.
- Next cover with another 1/3 of chicken mixture.
- Then sprinkle zucchini, broccoli and capsicum over mixture, and cover with another layer of white sauce.
- Then the last layer of chicken mixture over the top, covered with a layer of sweet potato slices and the rest of the white sauce.
- Extra grated dairy free cheese can be sprinkled over the top if desired.
- Place dish into oven, and bake for 45-50 minutes.
- Leave to stand and cool a little before slicing.
- Serve hot with a salad, or cold the next day for a lunch, or freeze into serving sizes.