



UNIT 9 - Recipe 15

Vegan „Lasagne al forno“

for 2 - 4 Persons

Quantity / Ingredients

Dough:

600 g wheat flour
3 vegan egg replacer
3 tsp salt
Water - as required

Filling:

300 g onions
30 ml oil
800 g mushrooms
3 cloves of garlic
80 g wheat groats
280 ml wine
200 ml water
160 ml almond or coconut milk
800 g leaf spinach, fresh
1-2 vegan egg replacer

Seasoning:

vegan cheese, grated to gratinate
Salt / pepper, herbs

Preparation:

- Dough: Work the ingredients into an elastic pasta dough and roll out thinly. Cut in pieces.
- Filling: Peel and finely dice the onions, fry in oil until golden brown. Chop the mushrooms, peel the garlic cloves and fry with the onions.
- Stir the wine, water and almond milk into the cracked wheat and bring to the boil.
- Wash and roughly chop the spinach and add with the egg substitute. Season with salt/pepper and Italian herbs.
- Put the sauce in a baking dish, then a layer of pasta dough, then another layer of sauce with mushrooms and spinach - 2 layers on top of each other, finally sauce and grated vegan cheese on top.
- Bake in the oven at 180° for 30-40 minutes.





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