



Garlic Dreams LASAGNA

Ingredients

1.5 cups red lentils, soaked
2 cups of cremini mushrooms, chopped
1 small bunch of kale, de-stalked and chopped
1 medium cooking onion, chopped
1 package of gluten-free lasagna noodles
1 jar (700ml) of your favourite tomato-basil sauce
1/2 cup red wine
olive oil
1/2 cup fresh basil, chopped

CASHEW “CHEEZE” SAUCE

3 cups of raw cashews
4 gloves of garlic, peeled
pinch of black pepper
pinch of salt
bunch of basil or parsley (or both!)
1/2-1 cup of nutritional yeast

Add all “cheeze” sauce ingredients to food processor and blend. Add more cashews for a thicker sauce, add water (or white wine) to thin it out.

Directions

1. Boil noodles until al dente. At the same time, lightly saute onions and mushrooms in olive oil, then add lentils and kale.
2. Once cooked down, add tomato sauce, red wine, and basil. Let simmer.
3. Make “garlicky cheeze” sauce in food processor,
4. Grease pan with olive oil, then noodles, then veg mix, then cheese sauce until ingredients are used, (cheeze sauce and noodles as final top layer). Cook 33 minutes, at 420C, or until top layer noodles/cheeze is crispy. Broil for 2 minutes to brown.