

Potato Lasagne

Potatoes are low fat, boast high nutritional content and are locally grown in the UK thereby reducing food miles. They offer a healthy and versatile source for everyday cooking.

For the Vegetable Sauce

- 1 tablespoon olive oil
- 2 cloves garlic finely chopped
- 1 onion finely chopped
- 2 courgettes, diced
- 3 peppers, diced
- 2 tins of chopped tomatoes
- 1 bay leaf
- Salt and pepper

For The Potatoes

- 1.2kg potatoes, peeled
- 2 tablespoons olive oil

For The White Sauce

- 45g butter
- 45g plain flour
- 640ml milk
- 75g cheddar cheese, grated
- Salt and pepper

For The Topping

- 100g cheddar cheese grated
- Chopped parsley to sprinkle before serving



Warm the oil in a large non-stick pan. Add the onion and garlic and sweat over a medium heat until translucent. This can take 8-10 minutes. Add the courgettes, peppers and a pinch of salt and pepper and fry for a further 5 minutes. Add the tomatoes and bay leaf. Stir, bring up to a simmer, then leave bubbling away for about 15 minutes, stirring occasionally until it has reduced. Turn off the heat, season to taste and set aside.

Cut the potatoes into 2 to 3mm slices. Place in a pan and cover with water. Bring to the boil and simmer until tender. Drizzle sparingly with a little olive oil as you go so that they don't all stick together.

Put the flour and butter in a non-stick pan. Whisk together and then slowly add the milk until it begins to thicken. Add the grated cheese, taste and season with salt and pepper. Stir through until melted, then take off the heat.

Grease a large lasagne tray. Spread half of the tomato sauce in the base of the dish, then cover with a single, slightly overlapping layer of potato. Repeat with the other half of the sauce and another layer of potato. Pour the cheese sauce on top, spreading to the edges. Sprinkle the grated cheese on top of the lasagne. Place in the oven at 200C and bake for 20 minutes until golden on top.