



ORGANIC CUISINE

Tara Forde

Arcadia Organics

Lentil Lasagne

INGREDIENTS

Middle	Topping	Base
1 Onion Lots of Garlic Brown/Green Lentils Tomato Puree Canned/Fresh Tomatoes Cumin to taste Spinach/Silverbeet	1 Onion ½ medium sized Pumpkin 1 can coconut cream Ginger/Mustard to taste	2/3 cup of each Chickpea/Maize/Tapioca Flour 100mls of olive oil 200mls of hot water Salt/chilli powder to taste

PREPARATION

Preheat Oven 100 degrees Celsius

Middle	Soak lentils Cut up an onion and as much garlic as you want Fry onion/garlic/cumin Rinse lentils thoroughly Add lentils and x2 amount of water Add tomato puree and canned/fresh tomatoes Boil away for about 40mins Add green leafy vegetables in just before combining in layers
Topping	Be getting a pumpkin ready (skinned and seeded) Cut pumpkin into chunks Fry the onion, ginger, and mustard Add pumpkin to pot with a little amount of water

PTO

Base	Add 1/3 chickpea/tapioca/maize flour into blender Add salt and optional chilli powder Stir up 1/3 olive oil to 2/3 hot water. Stir vigorously and add to blender whilst on Press into oiled lasagne dish Bake for 10 minutes
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Put into layers

Bake in oven for 10 minutes