



Recept geschikt voor: 4 personen | **Moeilijkheid:** 👨‍🍳 👩‍🍳
Vorbereidingstijd: 30 min | **Bereidingstijd:** 50 min | **Totale bereiding:** 80 min

Bertyn producten: [Veggie Mince](#)

Bron: bertyn.eu | Chef: [Chantal Voets](#) | © Chantal Voets

Vegetarian lasagna with seitan mince

Ingrediënten

- 250 g of wholemeal lasagne (in sheets)
- 1 aubergine
- 2 courgettes
- 1 tablespoon of [extra virgin olive oil \(Amanprana\)](#)
- 125 g of mozzarella
- 100 g of strong-tasting grated cheese
- [fleur de sel \(Amanprana\)](#)
- 1 Veggie Mince
- black pepper
- a pinch of [Immuno Botanico-mix \(Amanprana\)](#)

For the tomato sauce

- 1 large onion
- 1 red bell pepper
- a dash of [extra virgin olive oil \(Amanprana\)](#)
- 2 cloves of garlic
- 2 tablespoons [Immuno Botanico-mix \(Amanprana\)](#)

- 4 large tomatoes
- a pinch of fleur de sel (Amanprana)

Bereiding

1. Pre-heat the oven to 180 °C.
2. Place 8 or 9 individual sheets of lasagne (depending on the size of your oven dish) in plentiful cold water.
3. Allow to soak for about 10 minutes.
4. Slice the aubergine and courgettes.
5. Grill them in a grill pan with a little olive oil.
6. Make sure that the aubergine is cooked through.
7. Make a tomato sauce as described in the recipe for Spaghetti Seitanese.
8. Slice the mozzarella.
9. Place the sheets of lasagne, tomato sauce and vegetables in separate layers with the mozzarella in a greased oven dish.
10. Finish with a layer of vegetables.
11. Sprinkle the grated cheese on top.
12. Bake in the pre-heated oven for about 45 minutes.