

---

# "Nourish your Body"

## Recipe Collection

---

### Tuna and veggie lasagna

#### Ingredients

- 3 cloves of garlic , finely diced
- Rice bran oil
- 4 mushrooms finely sliced
- 1 tin organic tin tomatoes
- 1 small tin of tuna
- 1 large eggplant (or 2 smaller ones)
- 2 – 3 medium-large zucchinis
- ½ butternut pumpkin
- 6 kale leaves
- Goats cheese to serve



#### Method

1. Pre-heat oven to 200 degrees.
2. Heat a splash of rice bran oil in a saucepan.
3. Add the garlic and mushrooms and cook for 2 – 3 minutes.
4. Add the tomatoes and tuna, along with ½ cup of water.
5. Reduce the heat and leave simmering while you prepare your vegetables.
6. Finely slice the eggplant, zucchini and pumpkin length ways.
7. In a large baking tray, cover the bottom of the tray with a thin layer of your sauce.
8. Add one layer of eggplant, one layer of pumpkin and one layer of zucchini, before topping with more sauce. Repeat until you have finished your vegetables.
9. Once your baking tray is full. Finely shred the kale and place over the top of your lasagna.
10. Pour any remaining sauce over the top and bake for 40 minutes or until your veggies are cooked all the way through.
11. Crumble goat's feta over the top prior to serving.

