

Red Lentil Lasagne

Total time **115 mins** 45 mins preparation time **70 mins** cooking time

INGREDIENTS

4 portion(s)

For the lasagne:

- 300 g** red lentils
- 2** onions
- 3 tbsp** rapeseed oil
- 130 ml** of water
- 600 g** of tomato passata
- 3 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)
- 1 pinch** chilli flakes
- 2** courgettes, sliced
- 400 g** lasagne sheets
- 150 g** cherry tomatoes, halved
- 200 g** Gouda, grated
- 200 g** Parmesan, grated

For the béchamel sauce:

- 40 g** plain flour
- 1 tbsp** butter
- 500 ml** milk
- 1** sprig of rosemary, leaves chopped
- 1** sprig of thyme, leaves chopped
- 1** clove of garlic, finely chopped
- 1 pinch** of salt
- 1 pinch** of sugar
- 1 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)

PREPARATION

Step 1

Wash red lentils in a colander under cold water. Peel and dice onions. Sweat both in a pan with rapeseed oil, then deglaze with water. Add the tomato passata, season with soy sauce and chilli flakes and let everything simmer.

Step 2

For the béchamel sauce, first cook the flour with butter in a saucepan. Gradually add milk while stirring constantly.

Step 3

Season the milk with herbs, garlic, salt, sugar and soy sauce to taste.

Step 4

Preheat the oven to 190 °C. Grease the dish and alternate layers of lasagne sheets, lentil sauce, béchamel sauce and courgette slices.

Step 5

Place the cherry tomatoes on the lasagne and finally sprinkle with cheese. Bake the lasagne in the oven for about 45 minutes. Then divide on plates and serve.