

Plant-Based Tomato Mozzarella Lasagna

Swick

Serves 4 to 6 | Active Time: 45 minutes | Total Time: 1 hour 30 minutes

- 1/2 recipe Bolognese
- 1 recipe Tomato Sauce

To prepare the tomato sauces, first start by making the Plant-Based Bolognese. This also freezes well so we like to keep half a recipe in our freezer at all times, which of course makes this lasagna that much quicker.

Next, make the Simple Tomato Sauce. Note that this step is not totally necessary but every time we do make it and serve it with the lasagna we get RAVE reviews of how much it adds to the final dish, so we highly recommend it.

- 1 recipe Vegan Mozzarella

To make the Vegan Mozzarella, follow the recipe as instructed and then follow the notes in the images above for how to mold the cheese. Note that this step can be done well ahead of time.

- 1/2 cup cashews, soaked overnight
- 1 cup water
- 1/2 tsp sea salt
- 1/2 cup Plant-Based Parmesan
- 1 tsp freshly ground nutmeg

To make the béchamel, first, drain and rinse the cashews and then add them to a high-speed blender, along with the water and salt.

Blend the mixture until it is smooth — starting on low and then increasing the speed to high.

Next, add the Plant-Based Parmesan and blend again for another minute or so.

Lastly, add the freshly ground nutmeg and pulse once or twice, just to incorporate it into the sauce. If added at the beginning, the nutmeg will give the béchamel an undesirable brownish color.

- 1 lb (16 oz/454 gr) fresh spinach
- 1 tbsp minced garlic
- 1 tbsp extra-virgin olive oil
- sea salt, to taste

To prepare the spinach, heat a large frypan over medium heat. Once the pan is hot add the oil, followed by the garlic. Let the garlic cook for 30 seconds or so and then turn the heat up to medium-high and start to add the spinach, a few handfuls at a time.

Let the spinach cook for a few minutes, until most of the moisture has cooked out and then taste for seasoning — adding salt to taste.

Once done, place the spinach into a colander or strainer and let drain for 5 to 10 minutes.

Lastly, pulse or chop the spinach up a bit and then add it to a bowl and add about 1/2 cup of the béchamel to the spinach and fold the two together.

- 1 - pkg lasagne noodles (use gluten-free noodles, to make gluten-free)
To cook the noodles, bring a large pot of water to a boil and season well with salt. Cook the noodles according to the package. Once done, drain and carefully separate the noodles before you begin assembling the lasagna.

Note, if using gluten-free noodles, be sure to check the instructions on the box as some of them do NOT require cooking before assembling the lasagna. In this case, make sure your lasagna is a bit wetter (use a bit more tomato sauce) as the dry noodles will soak up more liquid during cooking.

We have personally made this lasagna using dried brown rice noodles, that we did not pre-cook and the lasagna was delicious and no one even knew it was a gluten-free lasagna.

Before assembling the lasagna, preheat the oven to 350°F (175°C).

To assemble the lasagna, layer the various components in between layers of noodles. See the notes on the images above for how we like to layer the lasagna.

Next, cover the lasagna with plastic wrap and foil. At this stage, you can either bake the lasagna now or you can refrigerate it and bake it later. Just note that if you bake it later it will take a bit longer as the lasagna will be cold. With that said, it's a good idea to take it out of the refrigerator for at least an hour, to bring it closer to room temperature, before baking it.

Bake the lasagna for approximately 30 to 40 minutes, or until is nice and hot throughout. At this point, take the lasagna out of the oven and carefully remove the plastic wrap and aluminum foil. Sprinkle the top with mozzarella and place the lasagna back into the oven for another 15 minutes or so, or until the edges and top turn slightly brown and the cheese has melted. For more color, you may need to turn the heat up to 400°F (200°C) for the last few minutes.

Let the lasagna cool for at 10 to 15 minutes or so before slicing and serving. To take the lasagna to the next level, serve it with a scoop of the Simple Tomato Sauce on top (or underneath).

To reheat any leftover lasagna, preheat the oven to 350°F (175°C). Cut the pieces of lasagna and put into individual oven-proof dishes and cover with some of the Simple Tomato Sauce and bake for 20 to 30 minutes, or until the lasagna has heated all the way through.