

CHEAP EASY MEALS



Vegetarian Lasagne

INGREDIENTS

2x Tomatoes

2x Eggplant

Fresh Bunch of Basil

Grated Cheese

1 Cup of Flour

1 Egg

STEP 1

PRE HEAT OVEN TO 180 DEGREES

STEP 2

SLICE EGGPLANTS, TOMATO AND BASIL INTO 1CM PIECES



STEP 3

HEAT FRY PAN, POUR A SMALL AMOUNT OF OIL IN PAN

WISK EGG IN BOWL

POUR FLOUR INTO SEPERATE BOWL



STEP 4

DIP ONE SLICE OF EGGPLANT IN EGG LET DRIP, THEN INTO FLOUR.

ADD PIECE INTO FRY PAN

**REPEAT UNTIL THE PAN IS FULL + ENOUGH TO COVER THE
BASE ON THE OVEN PAN
LET THEM BROWN**



STEP 5

ONCE BROWNEED, ADD SIGNLE LAYER OF EGGPLANT TO THE BOTTOM OF THE OVEN PAN.

PLACE A SINGLE LAYER OF TOMATO ONTOP. SEASON WITH SALT AND PEPPER

SPRINKLE BASIL OVER THE TOMATO

ADD CHEESE

REPEAT STEP 4 & 5 ONCE MORE FOR A SECOND LAYER



STEP 6

HEAT IN OVEN FOR 15 MINS

READY TO SERVE

