

Lasagne – Low FODMAP

This is a recipe for lasagne - many people with IBS find that lasagne is a dish that results in symptoms, but this version is low FODMAP and not too high in fat levels so should be suitable for most people.

It is fairly easy to make but has a number of steps to complete.



Ingredients

Serves 4

- 1-2 roasted red peppers (or you can buy a jar of roasted red peppers if you don't have the time or inclination to roast and peel your own.)
- 4 tomatoes
- a packet of fresh basil
- 100ml water
- 250g of lean red meat
- 1 tablespoon of garlic infused oil
- 1 teaspoon of asafotida
- 750ml of lactose free milk (semi skimmed is suitable)
- 2 teaspoons of corn flour.
- 2 teaspoons of light spread
- 40g parmesan (and extra to grate on the top of the lasagne just prior to cooking.)
- 2 courgettes
- 1 egg
- 1 packet of gluten/wheat free pasta sheets
- Small amount of salt to taste

Method

Blend together the red peppers, tomato and 4-5 sprigs of basil to form a sauce for the meat and courgette.

Using the tablespoon of oil fry the asafoetida to release the flavour and then add the meat and fry for 5 minutes.

Add 1/5th of the red sauce to the pan and continue to cook the meat for 10 minutes.

Prepare the white sauce add the spread to a pan and melt, then add the cornflour, it will form a ball. Slowly incorporate the milk into the spread and flour mix till it is all mixed in, then add the grated Parmesan cheese. Cook till the sauce thickens, then cool. When the sauce is cooled whisk in 1 egg.

Start to build the layers add any remaining basil leaves as you build up the layers - I started with a layer of pasta but you can decide how you want to make up the dish.

Then add a layer of sliced courgettes and add some pasta pepper sauce.

Then add pasta, and then the layer of meat sauce. Another layer of pasta and then courgettes and red sauce.

Finally, top with the white sauce and sprinkle with grated Parmesan cheese.

Cook for 30 minutes and serve with a green salad.