

OVERALL time: 70 mins

MEXICAN LASAGNE

We all love Mom's classic lasagne, but here's a spicy vegetarian take that's sure to get everyone's mouth watering. Loaded with black beans, topped with cheese and deliciously seasoned with our all-you-need Taco Spice, this scrumptious Mexican Lasagne is packed with plant-based protein and guaranteed to wow your guests.

Metric

Number of servings : 8

ingredients

For the pasta

- 1 large red onion, diced
- 1 large red bell pepper, diced
- 1 Tbsp Cape Herb & Spice Taco Spice
- 140 g corn (fresh/frozen)
- 250 ml sour cream
- 1 cup cheddar cheese, grated
- 15 approx lasagne sheets
- 2 cup cheddar & mozzarella mix, grated
- 1 Tbsp olive oil, for cooking
- 2 cloves garlic, minced
- 1 large green bell pepper, diced
- 1 tin black beans, rinsed & drained
- 2 tins chopped tomatoes
- 2 Tbsp pickled jalapeno chillies, sliced

For the salsa

- 2 large tomatoes
- 0.5 finely diced red onion
- 1 small bunch coriander, roughly chopped

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 50 mins

Preheat oven to 200°C and heat a drizzle of olive oil in a large frying pan. Then cook the red onion until it is tender.

Add the garlic, bell peppers and Cape Herb & Spice Taco Spice. Cook it until it is fragrant. Then add the black beans, corn and tinned tomato. Simmer until sauce has thickened and flavours meld together. Ensure to taste to adjust seasoning and remove from the heat.

Next, in a medium sized bowl combine the sour cream, mozzarella, cheddar and pickled jalapeños. Divide tomato and veg filling into 4 and scoop a quarter onto the bottom of your baking dish. Smooth out and top with 5 lasagne sheets. Breaking them up if necessary to fit. Divide sour cream and cheese mixture into 2. Top lasagne sheets with one half of the cheese mixture and spread out evenly. Repeat the layers with more tomato and veg sauce, lasagne sheets and cheese mix.

Layer again with tomato and veg mixture and lasagne sheets. Then finally layer the last quarter of the tomato and veg mix on top. Scatter with the grated cheese and bake for 35 minutes until golden brown and bubbling.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

Metric

ingredients

For the pasta

- 1 large red onion, diced
- 1 large red bell pepper, diced
- 1 Tbsp Cape Herb & Spice Taco Spice
- 140 g corn (fresh/frozen)
- 250 ml sour cream
- 1 cup cheddar cheese, grated
- 15 approx lasagne sheets
- 2 cup cheddar & mozzarella mix, grated
- 1 Tbsp olive oil, for cooking
- 2 cloves garlic, minced
- 1 large green bell pepper, diced
- 1 tin black beans, rinsed & drained
- 2 tins chopped tomatoes
- 2 Tbsp pickled jalapeno chillies, sliced

For the salsa

- 2 large tomatoes
- 0.5 finely diced red onion

- 1 small bunch coriander, roughly chopped

Number of servings : 8

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 50 mins

Preheat oven to 200°C and heat a drizzle of olive oil in a large frying pan. Then cook the red onion until it is tender.

Add the garlic, bell peppers and Cape Herb & Spice Taco Spice. Cook it until it is fragrant. Then add the black beans, corn and tinned tomato. Simmer until sauce has thickened and flavours meld together. Ensure to taste to adjust seasoning and remove from the heat.

Next, in a medium sized bowl combine the sour cream, mozzarella, cheddar and pickled jalapeños. Divide tomato and veg filling into 4 and scoop a quarter onto the bottom of your baking dish. Smooth out and top with 5 lasagne sheets. Breaking them up if necessary to fit. Divide sour cream and cheese mixture into 2. Top lasagne sheets with one half of the cheese mixture and spread out evenly. Repeat the layers with more tomato and veg sauce, lasagne sheets and cheese mix.

Layer again with tomato and veg mixture and lasagne sheets. Then finally layer the last quarter of the tomato and veg mix on top. Scatter with the grated cheese and bake for 35 minutes until golden brown and bubbling.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>