

GlucoMen

Recipes

Easy Lasagne

Serves 4 portions

Ingredients

1 tbsp oil
1 medium onion, peeled and sliced
2 cloves of garlic peeled and finely chopped
400g extra lean mince
1 pinch of oregano
1 tbsp tomato puree
1 tbsp Worcestershire sauce
1 400g tin chopped tomatoes
6-8 sheets of lasagne sheets (look for 'non-cook' sheets)- choose wholegrain if available
20g parmesan cheese
Pinch of salt and pepper

White Sauce

30g reduced fat vegetable margarine
30g plain flour
350 ml skimmed milk
40g reduced fat cheddar cheese

Method

Making the Bolognese Sauce

1. Preheat the oven to 200C/Gas mark 7.
2. Heat the oil in a large pan and add the garlic and onions. Also add the Worcestershire sauce and the oregano. Fry these, stirring regularly for a couple of minutes until the onions are soft.
3. Add the mince to the frying pan and stir all the time until has broken up and is browned with no pink bits.
4. Add the tomato puree and the tin of tomatoes. Add salt and pepper to season
5. Stir to mix the contents together then leave to simmer for 2-3 minutes.

White Sauce

1. On a low heat put the butter in a saucepan until it has melted. Add the flour and stir to create a smooth paste.

2. Add about a quarter of the milk and whisk so stop any lumps forming. Continue to add the rest of the milk bit by bit whilst whisking.
3. After the milk has been added, heat the sauce for another minute before adding the cheddar cheese. Once the cheese is added, stir and remove from the heat.

Assemble the lasagne

1. Using an ovenproof dish, start with a layer of the Bolognese sauce.
2. Cover the sauce with sheets of lasagne pasta trying not to overlap the pasta
3. Then a layer of white sauce on top of the pasta.
4. Then a layer of Bolognese sauce, then pasta, then white sauce again.
5. With the white sauce as the top layer, sprinkle parmesan cheese on top.
6. Place in the oven for 20-25 mins or until it is golden brown
7. Remove from the oven and leave to stand for 5 mins before serving with salad

Nutritional Content	Per portion	Traffic Light colour
Energy (kcal)	424	x
Carbohydrate (g)	40.5	x
Sugars (g)	10.5	Green
Fat (g)	14.5	Amber
Saturated fat (g)	5.5	Green
Salt (g)	2	Amber