



LASAGNA

Quick & Easy + healthy, Winning!

🕒 25 minutes

🕒 1 hour and 30 minutes

🍴 6 portions

INGREDIENTS

- 400 grams of lean beef mince
- 2 cloves of garlic, crushed(6 g)
- 1x 400g can Tomato Soup
- 4 handfuls of baby spinach (160g)
- 1/4 whole cup of 1 basil, chopped (6 g)
- 125 grams of Reduced fat Ricotta, crumbled
- 60 grams parmesan cheese, grated
- 2 Handfuls Mixed Salad Leaves (80g)
- 3 Pieces of Fresh Lasagna Sheets (140g)
- 25 grams of tomato paste

COOKING METHOD

- 1° Brown the mince in a large non-stick saucepan over medium heat-high heat. Add the garlic, tomato soup, tomato paste, and 375ml of water. Bring to the boil then reduce heat to low. Simmer uncovered for 30 minutes or until thickens.
- 2° Preheat oven to 180 C
- 3° Place spinach in a large heatproof bowl. Pour over boiling water, enough to cover. Soak for 30 seconds, then drain. Set aside to cool.
- 4° Spread a small amount of the meat mixture over the base of a baking dish. Top with half the lasagna sheets, trimming to fit. Spread over the meat mixture and top with remaining lasagna sheets. Scatter over the spinach, basil, ricotta and Parmesan.
- 5° Bake for 30-40 minutes or until golden. Set aside for 5-10 minutes before cutting into slices.
- 6° Serve with mixed salad leaves.
- 7° Serve with mixed salad leaves.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (234 g)	% DRI
ENERGY	124 kcal	290 kcal	14 %
FAT	6 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	3 g	6 g	31 %
CHOLESTEROL	27 mg	64 mg	21 %
SODIUM	124 mg	290 mg	12 %
CARBOHYDRATE	8 g	20 g	7 %
SUGARS	3 g	6 g	—
FIBER	1 g	2 g	7 %
PROTEIN	9 g	22 g	—