

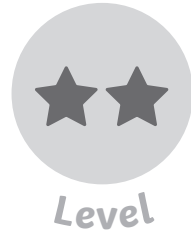
Easy Lasagne



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Ingredients

- 500g beef mince
- Two tablespoons olive oil
- One onion, chopped
- Three garlic cloves, crushed
- One bell pepper, chopped
- 150g mushrooms, chopped
- Two tins of chopped tomatoes
- Tomato puree
- Salt and pepper
- Mixed herbs
- Lasagne sheets
- One jar of white sauce
- One ball of mozzarella cheese



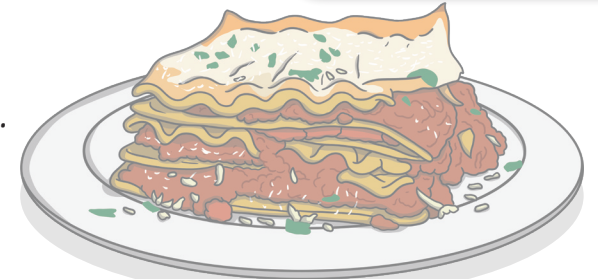
Recipe

1. Preheat the oven to 180°C.
2. On a high heat, add the olive oil to a large pan, and fry the onion until soft.
3. Add in the beef mince, stirring until brown.
4. Add in the garlic, pepper and mushrooms. Keep on cooking these until soft.
5. Add the two tins of chopped tomatoes and squirt one-third of the tomato puree tube into the pan. Season with some salt and pepper, and two teaspoons of mixed herbs. Mix this all together and simmer until the liquid has been absorbed.
6. Spoon one-third of the meat sauce into a large, over-proof dish. Flatten this down and place three lasagne sheets over the top, covering the whole surface.
7. Drizzle over a third of the white sauce from the jar and even out with a spatula.

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8. Repeat this process two more times until all of the meat sauce and the white sauce has been used.
9. Slice the mozzarella cheese on a chopping board and scatter over the top of the uncooked lasagne.
10. Place the dish into the preheated oven for 45 mins, until the top is lightly browned and bubbling.
11. Once cooked, leave to rest for 5-10 minutes to allow it to cool before you portion it out and put it onto plates.

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Nutrition Value per Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
348	16.8g	6.4gg	10.1g	4g	1.9g	34g

Fun Facts

- Lasagne originated in Italy and is one of the oldest types of pasta there is, dated from the thirteenth century!
- Pasta is a great carbohydrate. Our body breaks down carbohydrates into something called glucose, which gives us lots of energy.
- The mince beef in lasagne is a great source of **iron** to help healthy circulation in our bodies.
- The pasta, cheese and tomato sauce all contain **vitamin B**, a group of nutrients that encourage your body's metabolism.

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We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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