



# Lasagne



## Ingredients

150g (6oz) lasagne sheets

**Meat sauce:** 1 onion, 50g (2oz) mushrooms, 1 green pepper, 1 clove garlic, 250g (8oz) lean minced beef, 1x15ml spoon (1 tablespoon) oil, 400g can tomatoes, 1x15ml spoon (1 Tablespoon) tomato puree, pinch of mixed herbs (optional)

**Vegetable sauce:** 2 onions, 100g (4oz) mushrooms, 1 green pepper, 2 cloves garlic, 1x15ml spoon (1 Tablespoon) oil, 2x400g cans tomatoes, 1x15ml spoon (1 Tablespoon) tomato puree and a pinch of mixed herbs

**Cheese sauce:** 25g (1oz) butter or margarine, 25g (1oz) plain flour, 250ml (½ pint) milk, 100g (4oz) cheese

## Equipment

Chopping board, knife, measuring jug, measuring spoons, saucepans, large baking dish, grater, garlic press, can opener and spatula.

## Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. Make up either meat or vegetable sauce:  
**Meat:** Fry the onion and garlic for 5 minutes. Add the minced beef and cook until it turns brown. Add mushrooms and green pepper, cook for 5 minutes. Stir in tomatoes, puree and herbs. Simmer for 20 minutes.  
**Vegetable:** Fry the onion and garlic for 5 minutes. Add the other vegetables and cook for 5 minutes. Add the tomatoes, puree and herbs. Simmer for 20 minutes.
3. Make the cheese sauce: Melt the butter in a saucepan. Stir in the flour to form a paste. Add the milk gradually, stirring constantly, until mixture thickens. Simmer for 5 minutes and add grated cheese.
4. Put the lasagne together: Place a layer of meat/vegetable sauce on the bottom of the dish. Place a layer of lasagne sheets on top. Spread some cheese sauce over the lasagne. Continue adding layers, finishing with cheese sauce. Sprinkle some grated cheese on top.
5. Bake for 30-40 minutes until golden brown.

# Nutrition Information

|                    | Meat Version |            |  | Vegetable Version |            |  |
|--------------------|--------------|------------|--|-------------------|------------|--|
|                    | per 100g     | per recipe | per portion<br>( $\frac{1}{3}$ recipe) | per 100g          | per recipe | per portion<br>( $\frac{1}{3}$ recipe) |
| Energy (kJ)        | 561          | 8548       | 2849                                   | 399               | 7213       | 2404                                   |
| Energy (kcal)      | 134          | 2043       | 681                                    | 95                | 1724       | 575                                    |
| Protein (g)        | 7.7          | 1173       | 39.1                                   | 3.8               | 68.8       | 22.9                                   |
| Fat (g)            | 6.8          | 103.4      | 34.5                                   | 4.4               | 80.3       | 26.8                                   |
| of which saturates | 3.3          | 49.9       | 16.6                                   | 2.2               | 39.4       | 13.2                                   |
| Carbohydrate       | 11.3         | 172.4      | 57.5                                   | 10.8              | 194.8      | 64.9                                   |
| of which sugars    | 2.7          | 41.1       | 13.7                                   | 3.3               | 58.9       | 19.6                                   |
| Fibre (g)          | 0.9          | 13.5       | 4.5                                    | 1.0               | 16.6       | 6.2                                    |
| Sodium (mg)        | 92           | 1401       | 467                                    | 73                | 1312       | 437                                    |
| Salt (g)           | 0.2          | 3.5        | 1.2                                    | 0.2               | 3.3        | 1.1                                    |

## Notes

# Key Messages

## Healthy eating

- Use lean minced beef.
- Use a small amount of a strongly flavoured cheese in the sauce so you can use less.
- Remove excess fat from the meat version by allowing the mixture to settle and then skimming away any fat from the surface with a spoon.
- The cheese sauce is a good source of calcium, as it is made with milk and cheese. Reduce the fat content by using semi-skimmed milk and a reduced fat cheese.
- The tomato base sauce counts as one portion towards your 5 A DAY.

## Money

- Mix mince with soya or Quorn to make it go further.
- Use lean mince, it goes further than economy mince. Some meat can be substituted with soya or quorn to make it go further.
- Label and freeze left over meat or vegetable sauce, for up to one month, and have it on jacket potatoes.
- Make 2 lasagnes and freeze one for another meal.

## Food safety

- Handle raw meat carefully. Wash hands and surfaces after handling.
- Do not eat rare minced beef - check there is no pinkness.