

# Lasagne with garlic slices & mixed salad

(Serves 6)

## Ingredients

### For the bolognaise:

- 2 tsps Oil, Olive, napolini
- 300g Onions, diced
- 200g Carrots, finely diced
- 150g Celery, finely diced
- 4 Garlic cloves, crushed
- 500g Minced beef (5% fat)
- 100g Mushrooms, button, sliced
- 1 Stock pot, (knorr, rich beef)
- 300mls Water
- 2 x 400g tins Tomatoes, chopped, napolini
- 1 tbsp Tomato puree
- 3 tsps Mixed herbs
- 1/4 tsp Black pepper

### For the sauce:

- 60g Margarine, Light Olive spread
- 20g Flour, plain
- 325 mls Milk, Semi-skimmed
- 100g Cheese, Cheddar, Cathedral city lighter, grated
- 6 sheets Pasta, dried, wholewheat, lasagne

### Salad & garlic bread per person

- 2 Garlic slices (Sainsbury's be good to yourself)
- 2 in Cucumber, sliced
- 20g Peppers, baby, sweet, chopped
- 50g Tomatoes, cherry
- 20g Mixed salad leaves

## Preparation

### For the Bolognaise:

1. Prepare all vegetables. Heat oil gently in a large frying pan or wok.
2. Add onion & sauté gently for 5 mins until softened.
3. Mix in carrots, celery & garlic & cook for a further 5 mins.
4. Turn up hob to a medium heat. Add mince & stir in. Cook until browned.
5. Add mushrooms & cook for 1 more minute. Dissolve stock pot in the 300mls of boiling water.
6. Stir in stock, tomatoes, tomato puree & mixed herbs. Bring to boil.

7. Cook on a medium heat for 30 minutes, stirring occasionally. Season with black pepper.
8. Pre heat oven to 200°C/ 400°F /Gas Mark 6, (180°Fan).

#### **For the sauce:**

1. Melt olive spread in deep pan. Add flour, mix together & cook for 1 minute, stirring continuously.
2. Add milk slowly, maintaining stirring all the time. Add 1/2 the grated cheese.
3. Continue stirring & cooking until sauce thickens.

#### **For the lasagne:**

1. Put 1/2 the bolognaise sauce into bottom of a large ovenproof dish. Lay 3 pasta sheets on top.
2. Put remaining bolognaise sauce on top of pasta sheets & lay 3 more on top.
3. Pour sauce over pasta sheets & sprinkle on remaining grated cheese.
4. Put in oven for approx. 25 minutes until golden. Serve with mixed salad & garlic slices cooked as per instructions.

**TOP TIP:** To fit in with nutritional values, garlic slices used must be Sainsbury's Be good to yourself range. This dish tastes great the next day & is also great for freezing to make a quick meal when busy.

#### **NUTRITIONAL VALUES**

##### **PER SERVING**

Calories 588

Total Sugars 18.19g

Total Fats 19.78g

Saturated Fats 7.57g

Salt 2.01g

Fruit & Veg 4.5