

Beef Lasagne

Ingredients for 4 portions

plus salad and fruit

500g 5% fresh minced beef
1 Tin of chopped tomatoes
1 tablespoon of tomato puree (dolmio)
8-10 Sheets of no pre -cook no egg lasagne sheets
200g Strong cheddar cheese
1 large or 2 small Onions
1 large or 2 small Garrots
2 Cloves of garlic
1 Beef oxo cubes
Sunflower fry light
Salt and pepper to taste
500ml semi skimmed milk
50g plain flour
50g butter
Mixed herbs?

Method

1. Preheat the oven. Gas no 5, 170c fan or 190c
2. Peel and chop onions, finely chop or grate carrots, crush garlic
3. Spray a large pan with fry light and gently fry the onions and garlic until soft
4. Add the mince and fry gently until brown. Stir well to break up.
5. Add the carrot, tomatoes and tomato puree
6. Make up the stock to 250ml and add as necessary. Season
7. Grate the cheese. Make the sauce and add most of the cheese. (save enough for sprinkling on the top)
8. Layer the meat sauce and lasagne sheets in the containers. Stand on baking tray for stability. Pour the cheese sauce on top, sprinkle with the remaining cheese and bake for about 30 minutes at gas mark 5, fan 175c Or 190c until golden brown.

Prepare the salad and pack in suitable container

**BE SURE TO USE SEPARATE UTENSILS WHEN PREPARING THE
VEGETARIAN OPTION**

Mushroom Lasagne

Ingredients for 4 portions

plus salad and fruit

500g mushrooms
1 Tin of chopped tomatoes
1 tablespoon of tomato puree (Dolmio)
8-10 Sheets of no pre -cook no egg lasagne sheets
200g vegan cheddar cheese (supermarket own brand)
250g spinach
1 large or 2 small Onions
1 large or 2 small Garrots
2 Cloves of garlic
1 vegetable oxo cubes
Sunflower fry light
Salt and pepper to taste
500ml Alpro soya milk
50g cornflour
50g Vitalite vegan fat
Mixed herbs?

Method

1. Preheat the oven, gas no5, 170c fan or 190c
2. Peel and chop onions, finely chop or grate carrots, crush garlic, slice mushrooms. Wash the spinach.
3. Spray a large pan with fry light and gently fry the onions and garlic until soft
4. Add the mushrooms and fry gently until brown.
5. Add the carrot, tomatoes and tomato puree
6. Make up the stock to 250ml and add as necessary. Season

7. Grate the cheese. Make the sauce and add most of the cheese. (save enough for sprinkling on the top)
8. Layer the mushroom sauce, spinach and lasagne sheets in the containers. Stand on baking tray for stability. Pour the cheese sauce on top, sprinkle with the remaining cheese and bake for about 30 minutes at gas mark 5, fan 175c Or 190c until golden brown.

Prepare the salad and pack in suitable container