

Legendary Lasagne



Serves

8-10

TIP

Try using kangaroo or chicken mince instead of beef.



Ingredients

Meat Sauce:

- 400g tin kidney beans
- 1 brown onion
- 2 garlic cloves
- Spray oil
- 500g lean beef mince
- 1 carrot
- 1 zucchini
- 700mL tomato passata (or 800g tin crushed tomatoes)
- 1 teaspoon beef stock powder

- 1 cup water
- 1 tablespoon tomato paste
- 1 tablespoon dried mixed herbs (or handful of fresh herbs)
- 250g (½ a packet) lasagne sheets

Cheese sauce:

- 250g reduced fat ricotta
- ½ cup low fat milk
- ½ teaspoon nutmeg
- 100g reduced fat cheese

Equipment

- Can opener
- Strainer
- Fork or potato masher
- 2 bowls
- Knife
- Chopping board
- Measuring cups
- Measuring spoons
- Grater
- Stirring spoon
- Frypan with lid



How to make it



1. Meat sauce: Drain and rinse beans, place in bowl and mash with a fork. Finely dice onion and garlic. Turn frypan on to medium heat and spray with oil. Add onion, garlic and mince, cook until browned.



2. Grate carrot and zucchini, add to frypan with mashed beans, passata, beef stock powder, water, tomato paste and herbs. Stir together, then place lid on frypan and cook on low heat for 10 minutes.



3. Break lasagne sheets into pieces, add to frypan making sure they are covered with meat sauce.



4. Cheese sauce: Grate cheese. In a bowl, mix half the grated cheese together with ricotta, milk and nutmeg.



5. Evenly spread cheese sauce over the top of the meat sauce and sprinkle with remaining grated cheese. Place lid on frypan and cook on low for 10 minutes or until cheese is melted.



nom!

