

Beef Lasagne

Allergens – **Gluten**, **Milk**

Ingredients

Quantity	Ingredient
1.2kg	Minced Beef
400g	Lasagne sheets (contains Wheat)
200g	Onions (chopped)
50g	Tomato Puree
480g	Canned Tomatoes
300g	Carrots (grated)
5g	Mixed Herbs
25g	Garlic Puree
100g	Cornflour
200g	Mature Cheddar Cheese (grated)
2 ltrs	Semi-skimmed Milk



Method

1. Brown the mince in a dry pan and drain the juices.
2. Add the onions, carrots, tomato puree, tomatoes and enough water to almost cover the meat.
3. Cover and simmer for about 1 hour. Simmer uncovered to reduce sauce as necessary.
4. Heat the milk and pepper. Mix the cornflour with a little water and add to the milk to thicken.
5. In an ovenproof dish, layer the dish accordingly. Sprinkle with the cheese.
6. Bake for 40 minutes at 190C, 375F, Gas 5 for approximately 45mins to 1 hour.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 149	= 6.2	= 3.1	= 4.4	= 2.7	= 14.7

Portion size - Primary - 180g

Reviewed April 2018