

# Chicken Lasagne

Allergens – **Gluten**, **Milk**, **Sulphites**

## Ingredients

Quantity	Ingredient
1kg	Cooked Chicken (Brakes code 106048)
200g	Onions (chopped)
300g	Frozen Sweetcorn
800g	Tinned Tomatoes
50g	Tomato Pureè
25g	Garlic Pureè
5g	Mediterranean Mixed Herbs
400g	<b>Lasagne Sheets</b> (contains <b>Wheat</b> )
200g	<b>Cheddar Cheese</b> (mature)
100g	Cornflour
2ltrs	<b>Semi-skimmed Milk</b> (Add milk to correct the sauce consistency)



Vegetable & Accompaniment is provided based on the current menu.

## Method

1. Brown the meat in a pan and drain off the liquid
2. Add the onions, tomatoes, garlic, sweetcorn and chicken. Add enough water to cover the mixture.
3. Cover and simmer for 1 hour. Simmer uncovered to reduce as desired.
4. Heat the milk and add pepper. Mix cornflower with a small quantity of water and add to the heated milk to thicken.
5. Layer in a tray: chicken, tomato sauce, lasagne and white sauce.
6. Top the dish with alternate layers of white sauce and sprinkle with grated cheese.
7. Cook at 190°C, 375°F, Gas 5 for 40 minutes.

## Nutritional Content per 180g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 258	= 6.3	= 3.3	= 8.1	= 0.9	= 29.5

**Portion size - Primary - 180g**