FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fit Fat Cooks Lower calorie lasagne



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**510 kcal**

Stuff that's in it:

• 1 Tsp Oil

• 800G 5% Minced Beer

• 70G Red Pepper (Diced)

• 2 Garlic Cloves (Finely Chopped)

• 7G Dried Mixed Italian Herbs

• 100G Fresh Lasagne Sheets ((Tesco))

• 20G Lighter Lurpak

• 30G Plain Flour

• 300Ml Skimmed Milk (Warm)

• 50G 50% Less Fat Mature Cheese

• 2 Celery Stalks (Chopped)

• 100G Onion (Diced)

• 15G Carrots (Ribboned)

• 1 Can Chopped Plum Tomatoes

• 100G Chestnut Mushrooms (Sliced)

• 50G Baby Plum Tomatoes

• 1 Tbsp Tomato Puree

• Beef Stock Cube (Prepared With 125Ml Water)

• 30G Parmesan

• 1G English Mustard

• 3 Tbsp Fresh Chopped Basil

What you do:

Heat a large deep heavy bottom pan, squirt a little oil, add the peppers and onion, fry for a minute or 2, then add the mushrooms and celery, soften slightly, then add the garlic and carrot ribbons. After a gentle fry, add the plum tomatoes along with Italian herbs. Then chuck in the mince, breaking it up as you go, brown all over. Add the beef stock, tomato puree, can of tomatoes (fill the can with water and add too) , add some chopped basil. Simmer gently until water evaporates and sauce is quite thick, add more water if need be during this time.

To make the cheese sauce:

Heat a small sauce pan and add the butter, melt gently then add the flour, whisk with a fork to make a paste, then add the milk gradually, whisking as you go, once starting to thicken, add the parmesan and mustard,□□then sprinkle the cheese in, stir well, add some black pepper for taste. It should be thick and creamy

When you are ready to build your lasagne:

In a high sided square tin, add a layer of meat, spread out, then top with a lasagne sheet, add a large spoonful of sauce and spread all over , ten add another layer of meat mixture., then add another lasagne sheet, another spoonful of sauce more meat mixture, another sheet and continue until tin is filled , pressing down on the last bit of meat filling then finally top with a sheet and the last of the sauce , sprinkle with basil, cheese and a dash of pepper.

Bake for around 40 minutes

Nutrition

• Carbs: 26g

• Fat: 19g

• Protein: 55g

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