

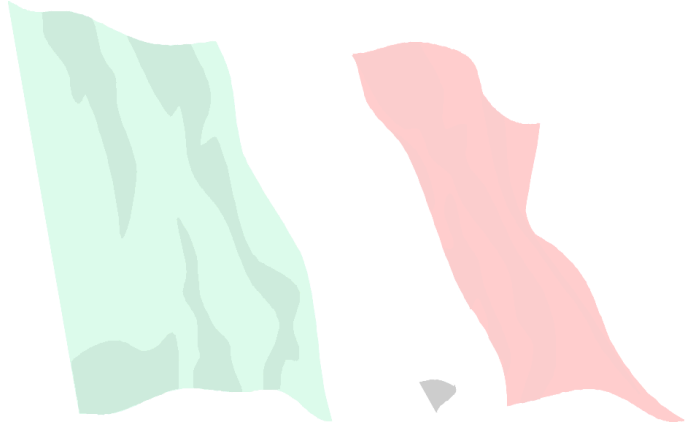
Lasagne

Ingredients

- 200g green no-cook lasagne sheets
- 50g Mozzarella, diced
- 50g Parmesan (Parmigiano Reggiano), freshly grated

Ragu

- 150g minced beef, 3% fat
- 150g minced pork
- 1tbs extra virgin olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, chopped
- 100g mushrooms
- 1 red pepper
- 1 courgette
- 200g tinned toms
- 3 level tablespoons tomato purée
- 175ml red wine
- Whole nutmeg
- Freshly milled black pepper
- Pack fresh basil



Cheese Sauce

- 300g low fat cream cheese
- 200ml skimmed milk

Method

- To make the Ragu, heat the oil in a large frying pan over a medium heat and gently fry the onion
- After 10 minutes, add the garlic and continue cooking for about 5 minutes
- Add the minced meat and brown it, breaking it up and moving it round in the pan.
- In a large casserole dish add the tomatoes, tomato purée, red wine, black pepper and about a quarter of a grated nutmeg
- Stir together allow coming up to simmering point.
- Add the basil and finely grated mushrooms, pepper and courgette
- Add the meat mixture.
- Simmer until you end up with a thick, reduced concentrated sauce with only a trace of liquid left
- To make the cheese sauce place the milk and cream cheese into a saucepan, heat gently and whisk until smooth.

- Spread half the ragù over the base of the prepared roasting tin or dish.
- Cover this with half the cheese sauce
- Arrange the lasagne over the top
- Spread the remaining ragù over the lasagne
- Cover this with the remaining cheese sauce
- Sprinkle the cheese on top
- To bake the lasagne, place it into a pre-heated oven, gas mark 4, 350°F (180°C) on the upper shelf for 45-50 minutes or until it's bubbling and turning slightly golden on top

Nutrition Information per 100g

Energy 142kcal; Protein 10.6g; Carbohydrates 10.5g; of which sugars 2.3g; Fat 5.5g; of which saturates 2.5g; Fibre 0.7g; Sodium 0.1g.