FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Lean Pork and Beef Lasagne



Serves	Prep Time	Cooking	Total Time	Calories
6 people				**465 kcal**

Stuff that's in it:

- 500G 5% Pork Mince
- 500G 5% Beef Mince
- 200G Onion (Diced)
- 120G Celery (Diced)
- 160G Red Pepper (Diced)
- 90G Onion (Diced)
- 3 Cloves Garlic (Diced)
- 80G Carrot (Shredded/Julienned/Ribboned)
- 1 Can Chopped Tomatoes
- 2 Tsp Mixed Herbs
- 130G (9) Lasagne Sheets (9)
- 1 Tbsp Fresh Oregano (Chopped Finely)
- 2 Tbsp Fresh Basil (Torn)
- 1 Tbsp Tomato Purée
- 500Ml Beef Stock
- 100Ml Low Alcohol Red Wine
- 1 Tomato (To Slice And Lay On Top)

• 10G Reduced Fat Cheese (To Sprinkle On Top)

• 1 Tsp Balsamic Vinegar

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• Cheese Sauce:

• Xxx Xxx (Xxx)

• 30G Plain Flour

• 30G Lighter Lurpack

• 40G Parmesan

• 1 Tsp Dijon Mustard

• 400Ml Skimmed Milk

• Fresh Oregano

• Refil Can Tomato

What you do:

Pre heat your oven to 180˚c

Heat a large pan with a squirt of oil and add the onion, red onion, carrots, peppers and celery and cook Gently for a few minutes , add the garlic and cook for 1 minute, then add the pork and beef mince and break up and cook until brown all over.

Add the balsamic, tomatoe purée, mixed herbs, oregano, red wine and canned tomatoes, re-fill the can with water then add and mix well. Add the stock cube and the basil,bring to the boil, then simmer for 20 minutes until thick, set aside.

To make the cheese sauce:

Add the butter to a large sauce pan and heat, add the flour and make a paste, then add the warm milk and whisk as you go, Continue to heat and stir, add the Dijon mustard, then add the Parmesan and whisk until thick and smooth. Set aside.

To build your lasagne:

Take a large square baking dish and add a layer of meat mixture, then add the lasagne sheets, then add the sauce over the sheets and repeat 3 times until you finish with the last 3 sheets, sauce and sprinkle the top with some grated cheese, some basil leaves and add some sliced tomato on top.

Bake for around 40 minutes, loosely cover with foil and remove 15 mins before end.

Nutrition

• Carbs: 35g

• Fat: 14g

• Protein: 45g

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