

LIGHT LASAGNE

Serves: 8

Ingredients

Spray oil
1 onion, finely chopped
2 cloves garlic, crushed
1 cup grated pumpkin
1 stick celery, finely diced
750g lean beef mince
700g bottle tomato passata or crushed canned tomatoes
1 cup water
1 bay leaf
¼ cup chopped fresh parsley
Freshly ground black pepper
2 eggplants, thinly sliced lengthwise
200g baby spinach
5-6 fresh lasagne sheets
½ cup finely grated parmesan or reduced fat cheddar cheese

Cheese sauce

1.5L reduced fat Australian milk
¾ cup cornflour
1 1/2 cups grated reduced fat vintage cheddar cheese

Method

1. Spray a large frypan with oil, and cook onion, garlic, carrot and celery, over medium heat for 1-2 minutes until fragrant, add mince and cook stirring, for 5 minutes or until mince changes colour. Stir in tomato sauce, water, bay leaf and parsley, bring to the boil, reduce heat and simmer, uncovered, stirring occasionally, for 30-45 minutes or until sauce thickens and meat is tender. Remove from heat. Season with pepper.
2. Place eggplant slices on an lined oven tray, spray lightly with oil and bake at 180C for 15 minutes until soft.
3. For cheese sauce, mix 1 cup milk with the cornflour and set aside. Bring remaining milk to a gentle simmer, whisk in cornflour mixture, bring the mixture to the boil for 1 minute stirring constantly until thickened, stir in the cheese.
4. Spread one-quarter of the meat sauce over the base of a large baking dish, top with lasagne sheets. Continue layering with one-third of each: meat sauce,



Nutritional Information:

Kilojoules 1971 kJ
Calories 469 cal
Protein 41.3 g
Total fat 14.8 g
Saturated fat 7.5 g
Carbohydrate 40.3 g
Sodium 484 mg
Calcium 642 mg
Iron 4.6 mg
Fibre 6.2 g

eggplant, cheese sauce and half the spinach leaves, finishing with sheets of pasta and layer of cheese sauce. Sprinkle with parmesan and bake in preheated oven for 45 minutes or until golden brown and bubbling around the edges. Rest for 10-15 minutes before serving with crisp green salad.

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