

LOW - FAT LASAGNE

Our take on a lasagne recipe is still delicious – but low-fat cream cheese, vegetables and lean mince make this comfort food healthier for your heart.

Each serving provides 298 kcal, 18g protein, 35g carbohydrate (of which 8g sugars), 5g fat (of which 2g saturates), 6g fibre and 0.45g salt.

INGREDIENTS :

- 200g (7oz) 5% fat minced beef
- 1 small onion, peeled and chopped
- 1 red pepper, deseeded and finely diced
- 1 green pepper, deseeded and finely diced
- 100g (4oz) button mushrooms, wiped and quartered
- 1 medium courgette, trimmed and thinly sliced
- 2 garlic cloves, peeled and crushed
- 400g (14oz) can chopped tomatoes
- 6 fresh basil leaves, torn
- 4 wholewheat lasagne sheets 15g (1/2oz) grated parmesan

FOR THE SAUCE :

- 2tbsp cornflour
- 300ml (10fl oz) skimmed milk
- 100g (4oz) low-fat soft cheese

METHOD :

- Preheat oven to 180°C /160°C fan/gas mark 4.
- Add the mince to a non-stick frying pan and cook on a medium heat until completely brown, stirring so the mince doesn't clump together.
- Add the onion, peppers, mushrooms, courgette, and garlic and cook for a further 5 minutes.
- Add the chopped tomatoes, season with black pepper, stir well, then simmer for 20 minutes with a lid on. Stir in the basil.
- Meanwhile, make the white sauce. Add the cornflour to a small saucepan and add 3 tbsp of the milk to form a paste. Once smooth, gradually add the remaining milk and cook over a medium heat, stirring with a whisk until you have a smooth sauce. Beat in the low-fat soft cheese.
- to assemble the lasagne, spoon a third of the meat and veg mix into a lasagne dish, top with two sheets of the lasagne and then another layer of the mince. Add the remaining two lasagne sheets, the final portion of the mince and then pour the white sauce over the top and sprinkle with the parmesan.
- 7. Bake for 25 minutes until topping is golden and bubbling. Serve hot with a green salad.

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PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR

