

LET FLORA HELP KEEP YOUR HEART AGE HEALTHY

Tear off and try this tasty, healthy Lasagne recipe



See reverse for full recipe details.

Check your Heart Age online at www.floraheartage.com

HEALTHY LASAGNE

Servings: 4 – 6

Preparation time: 25 minutes

Cooking time: 1 hour 10 minutes

225g (8 oz) The Co-operative extra lean minced beef (10% fat)

1 large onion, peeled and finely chopped

1 clove garlic, peeled and crushed

1 Knorr Beef stock cube

400g can tomatoes

2 tablespoons tomato puree

1 teaspoon oregano or majoram

Good pinch freshly ground pepper

1 glass red wine

115g (4 oz) lasagne

Bechamel sauce

300ml (½ pint) semi skimmed milk

1 small onion and carrot

15g (½ oz) Flora Buttery spread

15g (½ oz) flour

25g (1 oz) Parmesan cheese, grated

Method:

1. Pre-heat oven to moderate 180°C, 350°F, Gas No. 4.
2. Place mince, onion and garlic in a pan and fry, stirring until the beef is browned.
3. Crumble in the Knorr cube and stir in. Add the tomatoes, tomato puree, herbs, pepper and wine. Bring to the boil and simmer 30 minutes, stirring occasionally.
4. Meanwhile cook the lasagne in boiling salted water for 10-15 minutes, until just soft. Drain and rinse in cold water.
5. For the sauce, bring the milk to the boil with the onion and carrot. Take off the heat and leave to infuse for 10-15 minutes. Strain the milk and place back in the pan with the Flora and flour. Stirring constantly bring to the boil and simmer for 2-3 minutes until thickened and smooth.
6. In an ovenproof dish, layer the meat mixture, lasagne and sauce ending with the sauce and sprinkle with the cheese.
7. Cook in pre-heated oven for 30-40 minutes.
8. Serve with a fresh salad or plenty of vegetables of your choice.

Each serving contains:

Calories

338

17%

Sugars

11.4g

13%

Fat

10.1g

14%

Saturates

4.2g

21%

Salt

1.3g

22%

of an adult's Guideline Daily Amount - based on values for women

