

Lasagne and green salad

Serves 4

for the Bolognese sauce

- 1 onion
- 1 clove of garlic
- 1 carrot
- 1 stick of celery
- olive oil
- 1tsp oregano
- 1tsp dried basil
- 250g minced beef or turkey
- 1x 400g chopped tomatoes

for the lasagne

- 6 oven ready lasagne sheets

for the white sauce

- 50g cheese
- 300ml semi-skimmed milk
- a sprig of fresh parsley
- 30g butter
- 30g plain flour



Nutrition and healthy

Lasagne is a well balanced healthy meal with protein, starchy carbohydrates in the pasta, calcium and extra protein in the dairy. Adding extra vegetables to the sauce adds extra vitamin C and fibre as well as making the dish less expensive to make

Special dietary needs:

Vegetarian: Use quorn mince or lentils in the sauce instead of meat.

Dairy free / lactose intolerant: Use dairy free versions of milk and cheese

Gluten free/ coeliac: use cornflour in the sauce and gluten free pasta

Method

To make the Bolognese sauce

Peel and finely chop the onions, garlic, carrots and celery • Heat 1 tbsp of olive oil in a large saucepan, add minced beef, chopped vegetables and the oregano and basil and cook and stir until the meat is brown and onions are soft • Reduce the heat to medium-low and add the veg to the pan • Stir occasionally for around 5 minutes, or until softened and lightly coloured • Stir in the tomatoes and ½ can water and simmer for a further 15 minutes until rich and thickened.

Weigh and measure all ingredients for white sauce

To make the white sauce by the roux method

Melt the butter in the pan on a medium-low heat • Mix in the flour cook for 1 minute. • Add the milk, a little at a time, whisking each lot in before adding more • When you have a smooth white sauce, bring the whole lot to the boil then simmer for a couple of minutes • Mix well then season with a pinch of salt and pepper

Assemble:

Spoon a half of your bolognese sauce into the bottom of an ovenproof dish • Follow with a layer of lasagne sheets and the rest of your Bolognese sauce. Top with another layer of lasagne sheets • Finish with the white sauce. Finely grate the cheese and sprinkle over the white sauce • Cover with foil. Cool and chill.

Prepare salad, following recipe. Cover and chill

At home

Preheat the oven to 190°C/ gas 5

Place covered lasagne in the preheated oven and bake for 30 minutes • After that, remove the foil and cook for a further 10 minutes until the lasagne is bubbling and golden • Serve on the table with salad and garlic bread.

Green salad with French dressing

Ingredients:

- ½ lettuce
- ¼ cucumber
- 2 sticks celery
- 1 green pepper

Dressing: (Available in school)

- 1 teaspoon of Dijon mustard
- Juice of 1 lemon
- 6 tablespoons extra virgin olive oil
- sea salt and freshly ground black pepper
- 1 of a clove of garlic

Prepare vegetables

Wash and shred lettuce

Wash and slice cucumber

Wash, trim ends and slice celery
Wash, de-seed and slice pepper.

To make your salad dressing

Peel and finely chop the garlic • Put the garlic into a clean jam jar with the Dijon mustard, white or red wine vinegar and extra virgin olive oil • Add a pinch of salt and black pepper • Put the lid on the jar and shake well

To dress your salad

Pour a little of the dressing over the salad from a height and gently toss, using the tips of your fingers • Have a taste, and add more dressing if you need to – remember you can always add more but you can't take it away • Pop any leftover dressing in the fridge for another day

Photo

