



SIMPLE LASAGNE (SERVES 6)

INGREDIENTS

2 teaspoons canola oil

500g beef mince

1 onion (diced)

1 carrot (finely chopped)

100g can tomato paste

1 zucchini (grated) (if available)

2x 400g canned crushed tomatoes

2 tablespoons dried oregano

1 teaspoon dried basil

½ teaspoon dried rosemary

250g lasagne sheets

2 cups grated cheese (reduced fat, if available)

UTENSILS

Aluminium foil

Clean paper towel or cloth

Chopping board

Knife

Grater

Large saucepan

Large baking dish

Wooden spoon

SIMPLE LASAGNE



OPTIONS

- You can add extra vegetables such as capsicum and/or mushrooms to increase the serves of vegetables in the meal.

METHOD

1. Pre heat oven to 180°C.
2. Wash and dry vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
3. Peel the onion and dice finely.
4. Heat oil in a saucepan and add the onion, cook until browned.
5. Add mince to the saucepan, stirring occasionally. Cook until browned, then add herbs.
6. Add crushed tomato and tomato paste to the saucepan and stir to combine. Simmer for 15 minutes, stirring occasionally.
7. Grease a large baking dish and line the base with a layer of lasagna sheets.
8. Pour one third of the mince mixture on top of lasagne sheets and sprinkle approximately ½ a cup of grated cheese on top.
9. Continue to layer the lasagne sheets, mince mixture and grated cheese until mince is used up.
10. Finish with a layer of lasagne sheets on top and sprinkle with cheese.
11. Cover with aluminium foil and bake for 45 minutes.
12. Remove foil and bake for an additional 10-15 minutes to brown the top.
13. Cut lasagne in to six portions and serve. Lasagne can be served with a side salad.

NOTE: You can put remaining lasagne in to a microwave safe container and put in the fridge for lunch or dinner the next day. It is the perfect recipe for both dinner and lunch.

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au