

Main
Meal

CHOMPY BUG'S VERY VEGGIE LASAGNE

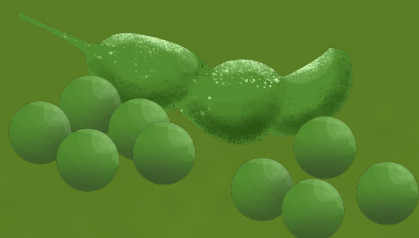
When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



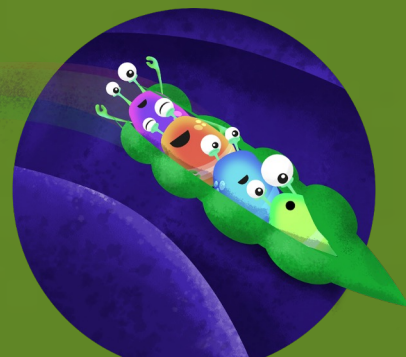
Mushrooms =
Mushroom Control



Courgettes =
Skipping rope



Peas =
Bugsleigh



Ingredients

250g lasagne pasta sheets
500g Quorn mince
1 tbsp olive oil
1 leek
2 garlic cloves
70g mushrooms
1 courgette

2 tins chopped tomatoes
1½ vegetable stock cubes
240g peas
70g butter
70g plain flour
700ml skimmed milk/non milk
100g cheese

Method

1. Fry the chopped garlic, leek, courgette and mushrooms in olive oil for 5-10mins until golden.

Mix in the Quorn mince and tins of tomato and add the stock cubes dissolved in 5 tbsp of water. Leave to simmer for 20mins.

2. Melt the butter in a separate pan and add the flour. Mix well and gradually add the milk. Add more flour if necessary to get a thick white sauce.

3. Layer half of the mince in an oven dish, add pasta sheets to cover, then add half of the white sauce. Layer the rest of the mince on top, add the rest of the pasta sheets then top with the rest of the white sauce and cheese.

4. Bake in the oven at 180° for 25mins or until golden brown and the pasta is cooked.

5. Serve with cooked peas.

Serves 6
60mins to prepare and cook.
473 calories/serving
Vegetarian

This has
12g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 12g
Protein 31g
Carbohydrates 58g

Tip: add seeds on top for extra crunch. Can swap Quorn mince for 400g tinned lentils or real mince. Use gluten free (gf) pasta and flour for gf option.

Each 336g portion contains:				
ENERGY	FAT	SATURATES	SUGARS	SALT
1992kJ 473kcal	11g	5g	16g	1.6g
24%	16%	25%	18%	27%