

Main
Meal

CHOMPY BUG'S VERY VEGGIE LASAGNE



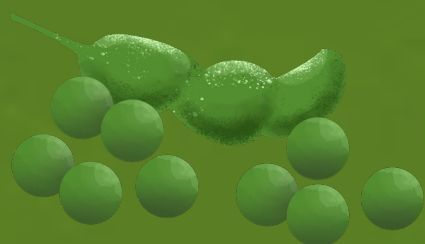
When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



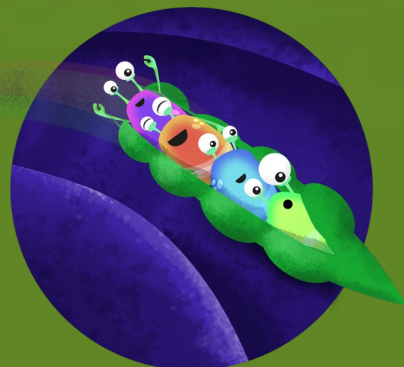
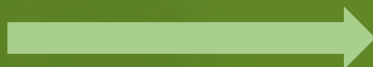
Mushrooms =
Mushroom Control



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 olive oil
70g plain flour
700ml skimmed milk/non milk
100g cheese

Method

1. Fry the chopped garlic, leek, courgette and mushrooms in olive oil for 5-10 mins 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 20 mins.

2. Pour the olive oil 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 25 mins or until golden brown and the pasta is cooked.

5. Serve with cooked peas.

Serves 8
60 mins to prepare
and cook.
417 calories/serving
Vegetarian

This has
9g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 9g
Protein 23g
Carbohydrates 41g

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. Try dairy free milk, cheese and butter for a vegan option.