

Lasagne

Ingredients

2 medium onions
4oz mushrooms
1 small carrot, grated
2 tins tomatoes
1 tin tomato puree (140-150 g)
1-2 cloves garlic
Black pepper
2 tablespoons wine/wine vinegar
2 tablespoons cooking oil
Box of Loprofin Lasagne

White Sauce

2 cartons Snopro milk
Salt & pepper
Knob of butter
Corn flour
1 teaspoon of mustard*
Chopped parsley

*check protein content on label

Method

1. Chop the onions finely, place in saucepan and fry gently.
2. Add in the chopped mushrooms and grated carrot. Fry gently for 3-4 minutes.
3. Add in the tins of tomatoes, tomato puree, garlic and wine/wine vinegar.
4. Simmer gently for 30 minutes.
5. Season with black pepper.
6. To make the white sauce, place the milk and butter in a saucepan. Bring to the boil gently and add in the salt, pepper and cornflour. Remove from heat and stir continuously. When the sauce has thickened, add in the mustard. Stir well.

7. Make up the lasagne as directed on the packet.
8. Place a layer of tomato sauce on a cooking dish, then a layer of lasagne, another layer of tomato sauce, then white sauce and repeat, ending with a layer of lasagne on top.
9. Cook in a hot oven at 180°C for 25 minutes.

This recipe was provided by Nutricia Metabolics.