

Slow Cooker Lasagne

Main Meal

Serves: 8



Shopping & Ingredients List:

400g **Extra Lean Beef Mince***
1 large **Onion**, chopped
2 **Garlic Cloves**, minced
400g can **Chopped Tomatoes**
500g **Passata**
30g **Tomato Puree**
200g **Lasagne Sheets**
340g **Fat Free Cottage Cheese**
250g **Quark**
250g **Fat Reduced Mozzarella**, in chunks
2 medium **Carrots**, grated
150g **Courgettes**, grated
100g **Frozen Peas**
1 tsp **Olive Oil**
1 tsp **Dried Oregano**
1 tsp **Dried Basil**
Salt & Pepper to own taste
**for Halal & Kosher source meat appropriately*

Method

1. In a large non-stick frying pan heat the olive oil over a medium-high heat, add the onions & cook for 2-3 minutes. Add the garlic & the beef mince & cook until the beef mince is browned all over.
2. Add the passata, chopped tomatoes, tomato puree, frozen peas, grated carrot & courgette alongside the dried herbs & seasoning. Cook for a few more minutes.
3. Meanwhile in a bowl mix together the quark, cottage cheese & mozzarella. Season to own taste.
4. Break the lasagne sheets into large pieces.
5. Add a $\frac{1}{4}$ of the meat sauce into the bottom of a slow cooker, top with some broken lasagne sheets & spread over a $\frac{1}{4}$ of the cheese sauce. Continue to layer the meat sauce, lasagne sheets & cheese sauce, finishing with the cheese sauce. Cover & cook on LOW for 5 hours.
6. Can be portioned & frozen for future use.

Macro info per serving

Protein
32.9g

Carbs
34g

Fat
8.7g

Energy
346Kcal