

RECIPE

MINCE LASAGNE



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INGREDIENTS:

- 500g lean ground mince
- 1 tbsp olive oil
- 1 tsp garlic (to taste)
- 1 tsp chilli flakes (to taste)
- 400g (1 can) tomatoes
- 2 wraps or 1/2 packet TrulyGood Food lasagne sheets
- 250g (1 tub) fat-free smooth cottage cheese
- 1 egg
- 125g grated cheese
- 1 medium onion chopped
- 2 tbsp dried thyme
- 1/2 packet cream of tomato soup

INSTRUCTIONS:

1. Heat up a medium sized pan and cook your chopped onion in the oil, garlic and thyme.
2. Add the mince to the onion mix, add the chilli flakes, cook until brown.
3. Add the can of tomatoes, and cook for 10 minutes. Thicken with tomato soup powder.
4. Add layers of wrap/lasagne sheets in between mince as you portion it out into an oven safe dish for baking.
5. Mix the cottage cheese with the egg and add on top of the lasagna mixture.
6. Top with grated cheese.
7. Bake for 20 minutes at 180 degrees Celsius.



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