



The ultimate makeover: Lasagne

READY IN



150 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 medium carrots diced
- ☐ 3 plump garlic cloves finely chopped
- ☐ 250 g rump steak lean trimmed of fat thinly sliced very finely chopped
- ☐ 250 g fatty pork lean minced
- ☐ 100 ml red wine
- ☐ 2 tbsp tomato purée
- ☐ 400 g plum tomatoes canned

- ☐ 1 tsp ground nutmeg plus a pinch
- ☐ 1 handful basil leaves
- ☐ 300 g pkt spinach fresh
- ☐ 1 eggs
- ☐ 250 g ricotta
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 6 wide sheets no pre-cook lasagne
- ☐ 125 g mozzarella cheese roughly chopped
- ☐ 50 g parmesan grated
- ☐ 200 g cherry tomato on the vine
- ☐ 1 leaves basil and salad leaves green

Equipment

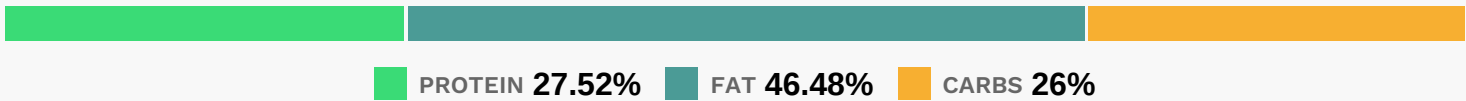
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Make the meat sauce: heat oil in a large saut pan, then tip in onion and fry for 5 mins until golden.
- ☐ Add carrots and garlic, then fry for 2 mins more. Stir in both meats, breaking up the pork with a wooden spoon. Cook over a high heat until the meat is no longer pink and the juices are released.
- ☐ Pour in wine, scrape the bottom of the pan as you stir, then cook for 1–2 mins until the liquid is reduced. Tip in tomato pure, tomatoes and 2 tbsp water, then stir to break up tomatoes.
- ☐ Add tsp nutmeg and some pepper, cover, then simmer for 1 hr, stirring occasionally. Taste and add salt if you like.

- ☐ Mix in torn basil. Sauce can be chilled for up to 1 day.
- ☐ While the sauce is simmering, prepare the other layers. Tip the spinach into a large bowl and pour over boiling water. After 30 secs, tip spinach into a colander and put under cold running water briefly to cool. Squeeze to remove excess water. Beat the egg in a bowl, then mix with ricotta, parsley, a pinch of nutmeg and pepper. Soak the lasagne sheets in a single layer in boiling water for 5 mins. (Although the packet says no pre-cook, I find soaking improves the texture.)
- ☐ Drain well.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Start layering.
- ☐ Spread a few big spoonfuls of sauce to barely cover the base of an ovenproof dish (20 x 29 x 6cm deep). Cover with 2 sheets of lasagne, then spread over half the remaining sauce. Cover with 2 more lasagne sheets, then scatter spinach evenly over.
- ☐ Spread the ricotta mixture on top and cover with 2 more lasagne sheets.
- ☐ Spread with remaining sauce, then scatter over mozzarella and Parmesan to almost cover meat. Top with cherry tomatoes and some pepper, then cover loosely with foil.
- ☐ Bake for 35 mins, then remove foil and bake 5-10 mins more. Leave for a few mins, then scatter with basil and serve with salad.

Nutrition Facts



Properties

Glycemic Index:92.31, Glycemic Load:11.16, Inflammation Score:-10, Nutrition Score:36.019565447517%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Malvidin: 2.34mg, Malvidin: 2.34mg, Malvidin: 2.34mg, Malvidin: 2.34mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin:

0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 534.56kcal (26.73%), Fat: 27.02g (41.56%), Saturated Fat: 12.35g (77.2%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 29.86g (10.86%), Sugar: 6.19g (6.88%), Cholesterol: 126.07mg (42.02%), Sodium: 422.48mg (18.37%), Alcohol: 1.79g (100%), Alcohol %: 0.56% (100%), Protein: 36g (72%), Vitamin K: 266.47µg (253.78%), Vitamin A: 9344.12IU (186.88%), Selenium: 53.35µg (76.22%), Phosphorus: 495.17mg (49.52%), Manganese: 0.96mg (48.22%), Vitamin C: 35.64mg (43.2%), Calcium: 395.75mg (39.58%), Vitamin B6: 0.76mg (37.97%), Folate: 144.08µg (36.02%), Vitamin B3: 6.77mg (33.84%), Zinc: 5.04mg (33.57%), Vitamin B1: 0.48mg (31.88%), Potassium: 1060.52mg (30.3%), Vitamin B2: 0.5mg (29.66%), Vitamin B12: 1.57µg (26.16%), Magnesium: 104.64mg (26.16%), Iron: 3.99mg (22.19%), Vitamin E: 2.5mg (16.66%), Fiber: 4.15g (16.59%), Copper: 0.32mg (16.14%), Vitamin B5: 1.19mg (11.93%), Vitamin D: 0.4µg (2.64%)