

Lasagne Serves 6

Modification by Sophie Wright-Pedersen, Dietitian, Alice Springs

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
250g instant lasagne sheets	Nil	250g instant lasagne sheets
1 tablespoon olive oil	Nil	1 tablespoon olive oil
1 brown onion	Nil	1 brown onion
2 cloves garlic	Nil	2 cloves garlic
1 carrot	<i>Extra vegetables for increased fibre, vitamins and minerals</i>	1 carrot 1 large red capsicum 150g baby spinach 2 cups mushrooms
500g beef mince	<i>Choose lean mince</i>	500g lean beef mince
9 tablespoons tomato paste	<i>Reduced, choose no added salt variety</i>	2 tablespoons no added salt tomato paste
1 cup tomato passata	<i>Increased, choose no added salt option</i>	2 x 400g tin no added salt diced tomatoes
1 cup liquid chicken stock	<i>Removed</i>	
½ cup white wine	<i>Use salt reduced stock to lower the energy of the meal</i>	½ cup reduced salt stock
½ teaspoon oregano	Nil	½ teaspoon oregano
¼ teaspoon nutmeg	<i>Extra flavour from more herbs and spices to replace stock</i>	¼ teaspoon nutmeg 2 tablespoon basil ½ teaspoon paprika
1/3 cup regular mozzarella	<i>Swap to reduced fat cottage cheese</i>	
60g butter	<i>Removed, using cottage cheese instead</i>	500g reduced fat cottage cheese
¼ cup white flour	<i>Removed, using cottage cheese instead</i>	
¼ cup parmesan	<i>Increased for flavour</i>	½ cup parmesan
450mL full cream milk	<i>Choose low fat variety</i>	125mL reduced fat milk

Method

- Preheat oven to 180°C.
- Spray a large frying pan with oil and place over medium heat. Sauté onion and garlic until soft. Add mince and brown, breaking up with a wooden spoon. Add mushrooms, carrot and capsicum and cook for 5 minutes.
- Add tomatoes, tomato paste, wine (or stock), paprika, nutmeg and herbs. Simmer for 20 minutes, until liquid has reduced by a third. Add spinach to the mince sauce, stir and cook for a few minutes until wilted. Remove from heat.
- Meanwhile, make the cheese sauce. Blend cottage cheese, milk and all the parmesan except 2 tablespoons until smooth and creamy.
- Lightly spray a deep lasagne dish with oil. Spread a third of the mince sauce over the base. Follow with a layer of pasta, a layer of sauce, a layer of cheese. Repeat layering, finishing with the cheese. Sprinkle top with remaining parmesan and bake for 30–40 minutes. Stand for 5 minutes before serving with salad.



Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	2385kJ	588kJ	1970kJ	389kJ
Protein	32.9g	8.1g	41.4g	8.2g
Fat total	26.9g	6.6g	14.0g	2.8g
– Saturated	11.9g	2.9g	6.4g	1.3g
Carbohydrate	45.6g	11.3g	41.1g	8.1g
Fibre	5.1g	1.3g	6.8g	1.3g
Sodium	629mg	155mg	436mg	86mg