

## Lasagne served with mixed vegetables

Serves: Approx. 30



**Serving size: medium (297g)**

**Weight changes after cooking: Weight 10842g Yield 93% weight gain, 7% weight loss (See appendix)  $10842 \cdot 758.94 = 10083.06g$**

**Allergens:** Contains dairy, gluten

### Recipe cost

Quantity (x)	Amount of Ingredient (g/ml)	Unit cost (£)	Required quantity of ingredient (g/ml)	Cost (£)
1	1000ml Fillipo Berrio mild & light olive oil	0.59	10ml	5.9
6	400g Sainsbury's lean minced beef	4	2250g	24
5	450g Sainsbury's lean minced lamb	7.50	2250g	37.5
2	Sainsbury's onions large x3 ( 300g)	0.9	450g*	1.8
5	Sainsbury's Loose red pepper ( 110g)	0.8	500g*	4
5	Sainsbury's Loose green pepper (119g)	0.8	500g*	4
3	250g Sainsbury's Organic Chestnut mushrooms	1.3	750g	3.9
2	70g Sainsbury's sun dried tomato puree	0.96	1000g	1.92
1	6g Sainsbury's Bay leaves	1.1	6g/1tsp	1.1
4	400g Cirio chopped tomatoes	1.09	4x 400 tin	4.36
1	6g Sainsbury's dried parsley	0.52	5g/5tsp	0.52
1	18g Sainsbury's thyme	0.95	5g/5tsp	0.95
1	7g schwatz oregano	1.04	5g/5tsp	1.04
1	750g Saxa table salt	0.85	5g/1tsp	0.85
1	80g Sainsbury's ground black pepper fairtrade	1.66	6g/1tsp	1.66
3	500g Sainsbury's lasagne sheets	0.95	1500g	2.85
5	300g Sainsbury's cottage cheese	1.2	1500g	6
2	400g Sainsbury's British mature cheddar cheese	1.45	750g	2.9

3	1000g Sainsbury's frozen mixed vegetables	1.1	2400g	3.3
			<b>Total</b>	<b>108.55</b>

**\*Taken into account preparation waste for e.g. onions 1 onion= 100g 5 onions specified in original menu however, 500g x 0.9= 450g**

## Ingredients

- 10ml oil, to fry
- 2250g lean beef mince
- 450g onions, finely chopped
- 500g red peppers, seeds removed, finely chopped
- 500g green peppers, seeds removed, finely chopped
- 750g/5oz Organic Chestnut mushrooms, sliced
- 1000g/7oz tomato purée
- 10 bay leaves
- 4 x 400g/14oz tin chopped tomatoes
- 5 tsp dried thyme, parsley and oregano
- 1tsp salt and 1tsp freshly ground pepper
- 1500g/10oz dried pasta sheets
- 1500g/10oz cottage cheese
- 750g/5oz grated mature Cheddar cheese

Less than 30 minutes preparation time

1 to 2 hours cooking time

Total time 2hrs 30 min

For the beef lasagne

## Preparation method

1. Preheat the oven to 180C/350F/Gas 4 and grease five 25cm/10in x 20cm/8in baking dishes.
2. Heat 5ml of oil in a large heavy-based frying pan over a high heat. Fry the mince until browned all over. Remove the mince from the pan.
3. Add another 5ml of oil to the pan over a medium heat. Gently fry the onion, peppers and mushrooms until soft.
4. Add the mince back into the pan together with the tomato purée and bay leaves. Cook for a further five minutes.
5. Add the tomatoes and herbs, and bring to the mixture to the boil. Simmer for at least 30 minutes and season to taste with salt and freshly ground black pepper. Lastly, remove the bay leaves.

6. Line the bases of the baking dishes with pasta and cover with about one-third of the mince mixture. Place teaspoonful amounts of cottage cheese across the mince, in order to use up one-third of the cheese.
7. Repeat Step 6 7 two further times and finally cover the lasagne with the grated Cheddar. Bake in the oven for 45 minutes to one hour, or until golden-brown and bubbling on top.
8. Place 2400g of frozen mixed vegetables in a large saucepan with 1000ml of water.
9. Bring to the boil & then cover with lid & leave to simmer for 10 minutes.
10. After 10 minutes, turn off the heat, drain & serve with lasagne.

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