



Beef & Kale Lasagne

Serves: 4

Preparation time: 20 minutes

Cooking time: 30-35 minutes

- 1 onion, chopped
- 500g extra lean minced beef
- 1 tsp dried mixed herbs
- 400g can chopped tomatoes
- ½ x 200g bag ready-prepared kale
- 6 sheets lasagne
- 350g tub cheese sauce
- 50g Cheddar cheese, grated

Method:

Preheat the oven to 200°C, gas mark 6.

Fry the onion, beef and herbs for 5 minutes. Add the tomatoes and cover and cook for 10 minutes adding the kale for the last 3 minutes.

Place 2 sheets of lasagne in an ovenproof dish, top with half the mince. Place 2 sheets of lasagne on top then the remaining mince. Add the final 2 sheets of lasagne. Pour over the cheese sauce and sprinkle over the cheese.

Bake for 30-35 minutes until golden. Serve with a fresh green salad.

Nutritional information:

- 530kcal
- 43g protein
- 25g fat (of which 13.6g saturated fat)
- 32g carbohydrate (of which 6g sugar)
- 2.7g fibre
- 0.5g salt