



FOR the  
Little ones



# Chicken Lasagne

Perfect for little taste buds & ready in 30 minutes - our chicken lasagne is the perfect mid-week comfort food.

 30 Minutes

 2 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	62g	45g	55g

## FROM YOUR BOX

CHICKEN MINCE	300g
BROWN ONION	1
ZUCCHINI	1
CARROT	1
PASTA SAUCE (SUGO)	1 jar
FRESH LASAGNE SHEETS	1 packet
SHREDDED CHEDDAR CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## COOKING TOOLS

large frypan, oven dish

You can use the lasagne sheets to make filled cannelloni or cut them into thick pappardelle to serve with the sauce!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** – lasagne sheets are replaced with GF lasagne sheets.



### 1. COOK the chicken

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Add **chicken** and cook for 5 minutes, breaking up lumps. Dice and add **onion** with **1-2 tsp oregano**.

**tip** You can use Italian herbs or rosemary if you don't have oregano.



### 2. ADD the veggies

Finely grate **zucchini** and **carrot** (use to taste). Add to pan as you go.

**tip** For picky eaters, peel zucchini prior to grating. You can serve carrot fresh or steamed on the side if preferred.



### 3. SIMMER the sauce

Stir in **pasta sauce (sugo)** and **1/4 jar water**. Cook, uncovered, for 6-8 minutes. Season to taste with **salt and pepper**.



### 4. ASSEMBLE the Lasagne

Spread a thin layer of **meat sauce** in an oven dish, add a layer of **lasagne sheets**. Repeat until everything is used up. Top with **cheese** and bake in oven for 10-12 minutes or until golden.

**tip** Use half of the cheese between the layers as you assemble the lasagne.



### 5. FINISH AND SERVE

Serve **lasagne** at the table.

**tip** Serve with a fresh salad on the side.