

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



4/6 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	34g/32g	46g/52g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN MINCE	600g	600g + 300g
BROWN ONION	1	1
ZUCCHINI	1	1
CARROT	1	2
TOMATO PASTE	1 sachet	2 sachets
PASTA SAUCE (SUGO)	1 jar	1 jar
FRESH LASAGNE SHEETS	1 packet	2 packets
SHREDDED CHEDDAR CHEESE	1 packet	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano (or Italian herbs/rosemary)

## 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!

**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 **2-3 tsp oregano**.

**6P** - use 1 tbsp dried oregano.



### 2. ADD the VEGGIES

Finely grate **zucchini** and **carrot**. 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 **tomato paste**, **pasta sauce (sugo)** and **1/4 jar water**. Cook, uncovered, for 6-8 minutes. Season to taste with **salt and pepper**.

**6P** - stir in tomato paste, pasta sauce (sugo) and 1/2 jar water.



### 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.