

for the
little ones

Chicken Lasagne



30 Minutes



4 Servings



Chicken

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

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FROM YOUR BOX

CHICKEN MINCE	600g
BROWN ONION	1
ZUCCHINI	1
CARROT	1
TOMATO PASTE	1 sachet
PASTA SAUCE (SUGO)	1 jar (500g)
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 **2-3 tsp oregano**.

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



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.



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.



5. FINISH AND SERVE

Serve lasagne at the table.

tip Serve with a fresh salad on the side.



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**.