

LASAGNE



When you have leftover sauces, need to prepare something in advance, or have many different dietary requirements to feed, this recipe can be made individually in the medium-sized Hokan Bowls. If using leftover sauces ensure they total 400g to prevent bubbling over.

Tomato sauce:	White sauce:	Layers:	Cook time:
1/2 tin tomatoes	15ml olive oil	spelt	40
1/2 onion,	1 tbsp flour	lasagne	minutes
chopped	200ml skimmed	sheets / 1	
2 tbsp tomato	milk	courgette,	Serves: 2
puree	15g cheddar, grated	sliced and	
1 tbsp mixed	1 tbsp mustard	pan fried	
herbs	grind of pepper	or oven	

Preheat your oven to 200°C. If making the sauces from scratch begin with the tomato; heat the oil in a heavy based pan, add the onion and cook until golden. Add the rest of the ingredients and simmer for 15 minutes until you have a rich tomato sauce. For the white sauce heat a non-stick pan, add the oil, flour and mix until combined. Cook on a low heat for 2 minutes. Slowly whisk in the milk, until the sauce is a silky, lump-free consistency and simmer for 15 minutes. Keep stirring to ensure it doesn't catch until it becomes thick and creamy and then add 10g of the cheese. Finally add the mustard, salt and pepper. When you have both sauces to hand, use a medium Hokan Bowl and layer the components; tomato sauce first, lasagne sheet or courgette slice second, white sauce third and lastly another lasagne sheet or courgette slice. Repeat, finishing on the white sauce which can then be sprinkled with the remaining cheese. Place the lid on for the pasta version, lid off for the courgette version, bake for 40 minutes and serve. The bowl will be hot so take care when handling and protect surfaces that are likely to be damaged by heat.

One serving: Calories 363, Fat(g); 14.3, Saturated(g); 4, Polyunsaturated(g); 0.8, Monounsaturated(g); 6.7, Sodium(mg); 338.8, Potassium(mg); 190.1, Carbs(g); 44.4, Fibre(g); 4.2, Sugars(g); 15.5, Protein(g); 13.3, Vitamin A (%); 3 Vitamin C(%); 28.8, Calcium(%); 28.1, Iron(%); 8.1. *(vitamin percentage based on a 2000 calorie/day diet)*

36% fat - 49% carbohydrates - 15% protein

