Healthy Lasagna

Ingredients
- 1 tbsp. oil
- 1 x large white onion, finely diced
- 1 clove garlic, finely chopped
- 1 tbsp. each of rosemary, thyme and oregano
- 500g extra lean ground beef
- 1 tbsp. flour (or gluten free alternative)
- 30mls tomato paste
- 1 tbsp 796ml can diced tomatoes (no salt)
- 1 x beef stock cube
- 1 tbsp Worcestershire sauce
- 1 large bunch spinach, washed, steamed and dried and finely chopped
- 2 x eggs
- 250mls x 1% cottage cheese
- ¼ cup parmesan
- ½ cup part skim mozzarella
- 1 pack no cook lasagne sheets

Making it
1. Preheat oven to 375°F.
2. Heat oil in a large pan and fry onion until it becomes translucent (3-4 mins)
3. Add garlic and herbs and cook for another minute.
4. Add the extra lean ground beef and brown. Drain off any excess fat
5. Return the meat to the pan and stir in flour. Cook for 1 minute. Then add tomato paste, diced tomatoes, crumbled beef stock cube and Worcestershire sauce. Allow to cook for 15 mins. Adjust seasoning if necessary.
6. In a large bowl whisk the eggs and add the cottage cheese and parmesan. Stir thoroughly. Then add the finely chopped spinach.
7. Assemble the lasagne in a large oven proof dish. Start with the Bolognese sauce, then a layer of lasagne sheets and the cottage cheese / spinach mixture. Repeat this ending with a layer of Bolognese. Sprinkle with the part skim mozzarella.
8. Cover with foil and bake for 30 mins. If you want to brown the top of the dish, place it under the broiler / grill for 5 mins. Allow the lasagne to stand for 10 mins before serving.

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 490
Fat (g): 13
Carbohydrate (g): 66
Fibre (g): 4
Protein (g): 40

TIPS & HINTS
To reduce the fat content of this dish further, change the ground beef to turkey.