

Healthy Turkey Lasagne (Serves 2)

You will need:

- 1 large leek or 2 small
- 1 stick of celery
- 1 carrot
- 240g turkey mince
- 1 clove garlic
- 80g mushrooms
- 1tbsp plain flour
- 200ml vegetable or chicken stock
- ½ tin chopped tomatoes
- 1tbsp tomato puree
- ½ medium onion
- 200ml semi-skimmed milk
- 1tbsp cornflour
- Grating of nutmeg
- 1tsp oregano
- 50g half-fat cheddar

Cut the outer layers of the leeks off and roll out onto a plate. (These are your “lasagne sheets”).

Chop the remaining vegetables and garlic (not the onion).

In a pan, place the turkey mince with the chopped vegetables and cook until browned (5 minutes).

Add the flour and stir and then add the stock, tomatoes and tomato purée and a few grinds of black pepper.

Preheat the oven to 180°C/350°F/Gas Mark 4 .

Chop the onions and heat the milk in a large saucepan with the onion.

Mix a tablespoon of milk with the cornflour and then add back into the milk.

Add the nutmeg and oregano and half the cheese and stir until the sauce has thickened.

Boil a pan of water and place the leeks into the pan for 5 minutes then remove and set aside on a plate.

In an oven proof dish, spoon ½ the turkey mince into the dish, then top with a layer of leeks and white sauce. Then repeat and sprinkle the remaining cheese on top.

Put into the oven for 25-30 minutes.

Remove from the oven and leave to cool for 5-10 minutes before cutting. Alternatively you could make these in individual dishes and simply have a dish each.

What does this give you?

- 1 portion of protein
- 3 portions of vegetables
- 1 portion of dairy

The detail: per serving: 515kcal, 6.4g saturated fat, 18.7g sugar, 6.7g fibre, 54g protein, 1g salt.

Preparation and cooking time: 90 minutes

Approx. cost per serving: less than £3.00

Particularly good if you're trying to gain strength.

ALLERGENS: Contains gluten, celery and milk. May contain soya.