

## POPEYE'S LOVELY LASAGNE



Spinach is in season in spring/early summer, although frozen spinach is available all year round. Baby spinach leaves have a milder flavour than the fully mature plant, and are perfect raw in salads/sandwiches.

Fresh spinach can be added to a wide variety of dishes right at the end so the leaves simply 'wilt'. Also a great addition to creamy/egg/cheese dishes such as vegetarian lasagne.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use balance/digital scales; chop using bridge/claw technique; use a box grater safely; crush garlic; beat ingredients together.

**Equipment:** Sharp knife, chopping board, large pan, wooden spoon, mixing bowl, blender, ovenproof dish, hob, oven.

### Ingredients (makes 8 small portions):

- 1 large onion, chopped
- 2 cloves of garlic, crushed
- 1 tbsp olive oil
- 1 tbsp tomato puree
- 2 x 400g cans chopped plum tomatoes
- 1 tsp mixed dried herbs
- 1 kg frozen spinach, defrosted (or 500g fresh spinach)
- 300g light (medium fat) cream cheese
- 20g strong hard cheese, grated
- 8 lasagne sheets

### Method

1. Preheat the oven to 180°C.
2. Make tomato sauce: place oil, onion and garlic in the pan and heat gently on the hob until softened; add the tomatoes, tomato puree and herbs and simmer (uncovered) for about 10 minutes.
3. Meanwhile put the soft cheese in a mixing bowl and beat until smooth. Add the spinach and mix well.
4. Blend the tomato sauce.
5. Spread a thin layer (around one third) of the tomato sauce in an ovenproof dish, then half the spinach mix. Cover with 4 sheets of lasagne. Repeat the layers, then finish with the remaining tomato sauce.
6. Sprinkle with the grated cheese, and bake in the oven for around 30 minutes until bubbling and golden.



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### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Popeye's Lovely Lasagne..

**Lasagne** is a type of pasta. Pasta is a useful source of protein, B vitamins and fibre, and is low in fat and salt. Beware high-fat sauces and choose wholemeal varieties.

**Spinach and Tomatoes** are both rich sources of a variety of vitamins and minerals, as well as antioxidants and bioflavonoids which can help protect our bodies from disease.

**Soft cheese** is an excellent source of protein and calcium. Choose reduced fat varieties where possible.



### Energy, sugar, fat and salt per serving

Per 190g serving

**ENERGY**  
897kJ / 214kcal **11%**

**MED** **FAT**  
8.7g **12%**

**MED** **SATURATES**  
4.3g **22%**

**LOW** **SUGARS**  
7.8g **9%**

**LOW** **SALT**  
0.4g **6%**

% of an adult's reference intake  
Typical values per 100g : Energy 472kJ / 113kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage