

Lasagne-style pasta bake



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Canola oil	6ml	8ml	10ml
Beef mince (lean)	300g	375g	450g
Onion, diced	80g	100g	120g
Capsicum, diced	80g	100g	120g
Carrot, grated	100g	125g	150g
Garlic, minced	3.3g	4.2g	5g
Tomato paste	10g	13g	15g
Mixed herbs	2g	2.5g	3g
Salt	2g	2.5g	3g
Beef stock powder	3.3g	4.2g	5g
Water	165ml	210ml	250ml
Canned crushed tomatoes	300g	380g	460g
Pasta spirals (or similar)	330g	415g	500g
Catering spread	33g	42g	50g
Flour	33g	42g	50g
Salt	2.6g	3.3g	4g
Milk (hot)	330ml	415ml	500ml
Edam cheese, grated	130g	165g	200g

Directions

1. Preheat oven to 200 degrees Celsius.
2. Heat oil in a frying pan and cook mince on high heat until browned.
3. Add onion, capsicum, carrot and garlic. Cook until tender. Mix in tomato paste until combined well.
4. Stir through mixed herbs, salt, stock powder, water and tomatoes.
5. Simmer gently for 30 - 45 minutes until thickened.
6. Meanwhile, cook pasta according to instructions and make cheese sauce.
7. Melt catering spread over low heat. Add flour and salt, stirring for 2 minutes.
8. Slowly add hot milk, whisking smooth after each addition.
9. Simmer gently for 8-10 minutes, stirring often until thick and creamy. Mix in cheese.
10. In a large bowl combine pasta with beef mixture. Transfer into a greased deep baking dish, pour over white sauce and sprinkle with remaining cheese. Bake for 30 minutes in preheated oven.



Lasagne-style pasta bake continued...

Special diet substitution ideas

Vegetarian:

- Replace mince with brown lentils.
- Use vegetable stock.

Vegan:

- Replace mince with brown lentils.
- Use vegetable stock and plant-based milk and cheese.

Gluten:

- Use gluten-free pasta and GF flour in cheese sauce.

Dairy:

- Omit cheese sauce and use plant-based milk and cheese.

Halal:

- Use halal-certified mince and vegetable stock.

Soy:

- Use soy-free catering spread.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	214g	267g	321g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	214	267	321
Vegetables (g)	51	63	76
Protein food (g)	42	45	54
Grain food and starchy vegetables (g)	80	100	120

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
Kiwi to the bone beef mince 85cl	1kg
SB onion diced	1kg
SB capsicum red diced	1kg
Fresh connection carrot grated	1kg
Gilmours garlic crushed in oil	1kg
Gilmours tomato paste A9	2.2kg
Gilmours mixed herbs	500g
Gilmours stock bouillon beef	2.6kg
Gilmours tomatoes crushed	2.5kg
Turkman pasta fusilli	5kg
Gilmours catering spread	4kg
Pams flour pure plain	5kg
Pams Value milk standard	3L
Alpine cheese edam grated	5kg

Allergens



gluten/wheat, dairy, soy.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- If time and storage permits, make double quantity and freeze.
- If possible, cook the mince mixture and cheese sauce in advance to save time. Make pasta fresh on the day.
- Cook pasta until softer than normal, so sauce is not absorbed into the dish too much.
- Save money by buying whole vegetables and using a food processor to grate and chop.