



Lasagne with Hamlyns Oats

Dr Laura Winess

SERVES: 8

TIME TO MAKE: 1 HR 45 MINS

ALLERGENS: EGG, MILK, WHEAT

Hamlyns of Scotland, a family-owned business, has been producing oats in Scotland since 1965.

Ingredients

- 220 g lean ground beef (5% fat)
- 75 g Hamlyns Scottish Porridge Oats
- 1 medium onion (150 g), finely chopped
- 2 medium carrots (130 g), finely chopped
- 3 cloves garlic, minced
- 2 cans (400 g each) chopped tomatoes
- 100 g tomato paste
- 500 g passata
- 1/2 cup water
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp olive oil or rapeseed oil



Notes

This recipe uses oats alongside carrots and onions in the meat mixture to provide a healthier lasagne.

Ingredients for assembling

- 12 lasagne sheets, cooked according to package instructions (or fresh lasagne sheets)
- 460 g low-fat cottage cheese
- 50 g grated mozzarella cheese (for topping)
- Fresh basil or parsley for garnish (optional)

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	483 kcal	11 g	3.6 g	15 g	1.2 g	64 g	25 g	6.5 g
%RI	24%	16%	18%	17%	20%	25%	50%	22%

Per 1 serving (395g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)



Method

Preheat Oven: Preheat your oven to 190°C (375°F).

Prepare the Meat Sauce:

1. In a large saucepan, heat the oil over medium heat.
2. Add the onion and carrots. Sauté for about 5 minutes until softened.
3. Add the minced garlic and cook for another minute.
4. Add the ground beef, breaking it apart with a spoon. Cook until browned (about 6-8 minutes).
5. Stir in the oats and cook for another 2 minutes.
6. Add the tomato paste, passata and chopped tomatoes, water, basil, oregano, salt and black pepper.
7. Bring the sauce to a simmer, then reduce the heat to low and let it cook for about 20 minutes, stirring occasionally.

Assemble the Lasagne:

1. Spread a thin layer of meat sauce at the bottom of a 9x13-inch baking dish.
2. Place 3-4 lasagne sheets over the sauce.
3. Spread 1/3 of the cottage cheese over the sheets.
4. Add another layer of meat sauce over the cheese.
5. Repeat the layers (sheets, cheese sauce, meat sauce) two more times.
6. Top with the remaining sheets, a final layer of meat sauce, and the mozzarella cheese.

Bake:

1. Cover the lasagne with foil, making sure it doesn't touch the cheese to prevent sticking.
2. Bake in the oven for 25 minutes.
3. Remove the foil and bake for an additional 20-25 minutes, or until the cheese is bubbling and golden brown.

Serve:

1. Let the lasagne cool for about 10 minutes before slicing.
2. Garnish with fresh basil or parsley if desired, and serve warm.
3. Serves 8 people.