

*This recipe is a great alternative to the nation's favourite lasagne. Not cutting the carbs, but lowering the GI value and halving the fat from 21g to 12g means that you can enjoy this version, without all the fatty guilt of a normal lasagne. It's also super cheesy, creamy and equally as delicious.*

*With this dish being super easy to make, it makes it a great candidate for a home cooked valentines meal or awesome food prep.*

### Ingredients

400g of lean 5% fat beef mince

1 oxo cube

2 chopped or crushed garlic cloves

1 finely chopped onion

1 can of chopped tomatoes (with herbs is nice!)

40g of chopped mushrooms

A splash of red if you are feeling naughty

A whole bag of spinach

1 tub of low fat ricotta cheese

Butternut squash sheets 400g

40g of mozzarella cheese

- *Chop the onion and put in a hot pan. Add the mince beef and the rest of the ingredients.*
- *Leave the mince to simmer on a low heat*
- *Pre heat the oven to 180c*
- *Add the spinach and ricotta cheese, to a large mixing bowl and mix well together until all the spinach is covered.*
- *Get a large dish, and cover the bottom in butternut squash sheets. Layer on the mince and spinach and ricotta. Do 2 tiers.*
- *At the top of the lasagne leave enough spinach and ricotta to cover the top, add the mozzarella cheese to give it a final finish.*
- *Bake for 35 minutes until the top is golden brown.*

