



# Lasagna with ground turkey

30'  
Hands on

75'  
Cook Time

8-10  
Portion(s)

3  
Difficulty



## Method

For the ground turkey

- In a multi-blender, finely chop the onion, carrots, celery stalks. Make sure you don't completely ground them.
- Transfer to a **pan** heated over medium heat. Add 2 tablespoons olive oil and sauté for 5 minutes.
- Increase heat, add the ground turkey, the rest of the olive oil and sauté for 10 minutes.
- Add the wine and sauté for 5 minutes.
- Add the can chopped tomato and bouillon cube. Simmer for 15 minutes.
- Towards the end, add salt, pepper and basil leaves.

For the béchamel sauce

- In a **pot** heated over medium heat, add the olive oil and toast the flour until slightly golden.
- Remove from heat and add the milk, whisking at the same time.
- When homogenized, place again over medium to low heat and simmer for 5 minutes until the béchamel thickens.
- Add salt and pepper.

To assemble

- Preheat the oven over 180°C (350\* F).
- Spread 1/3 of the ground turkey over a 25x30 cm pyrex. Cover with raw lasagna and place 1/3 of the béchamel on top.
- Repeat the same process for 2 more layers and top with béchamel sauce.
- Spread the mozzarella on top and if you want, drizzle with some olive oil.
- Bake for 40 minutes.
- If the top layer is overcooked, you can cover the pyrex with aluminium foil in the meantime.
- Garnish with the finely chopped basil and **serve**.

## Ingredients

- 250 g lasagna
- 120 g mozzarella, in pieces
- basil, broad leaves, for serving

For the ground turkey

- 1 onion, cut in 4 pieces
- 2 carrots, cut into 2 cm rounds
- 2 sprig(s) celery, cut into 2 cm rounds
- 4 tablespoon(s) olive oil, +extra for serving (optional)
- 500 g ground turkey, thigh
- 150 g red wine
- 800 g canned tomatoes
- 1 chicken bouillon cube, in 5 g hot water
- 1 teaspoon(s) salt
- 1 teaspoon(s) pepper
- 1/2 bunch basil leaves

For the béchamel

- 60 g olive oil
- 60 g all-purpose flour
- 600 g milk, low-fat
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

322 Calories (kcal)	10.0 Total Fat (g)	4.6 Saturated Fat (g)	32.0 Total Carbs (g)
16%	14%	23%	12%
10.0 Sugars (g)	21.0 Protein (g)	3.7 Fibre (g)	0.49 Sodium (g)
11%	42%	15%	8%