



Meat Lasagna Recipe



SHALITFOODS
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Recipe Items:	1 Portion	5 Portions
PE Beef (PE#21731)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Pasta (PE#21757)	#16 Scoop (60 gm)	300 gm (10.6 oz)
Tomato Sauce (smooth)	#16 Scoop (60 ml)	300 ml (10.2 fl oz)
PE Broccoli (PE#21732)	2 Tbsp (30 ml)	150gm (5.3 oz)
Parmesan Cheese	1 Tbsp (15 ml)	75 ml (2.6 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

2. Plate the scoop of pasta.



3. Place the scoop of beef mousse on top of the pasta. Spread evenly with a spoon or the back of the scoop.



4. Using a spoon, evenly cover the beef and pasta with small mounds of broccoli mousse.



5. Place the scoop of tomato sauce on top of the lasagna mix. Spread evenly with a spoon or the back of the scoop.



6. Finish the lasagna by evenly spreading the parmesan cheese over the top.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F



Options: alter protein and/or vegetables if desired to create different combinations of lasagna styles. For additional flavours and variety, add ground herbs.

Nutrition Facts Valeur nutritive

Per 1 plate (220g) / par 1 plate (220g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	210
Fat / Lipides 6g	10%
Saturated / satures 2g	
+ Trans / trans 0g	10%
Cholesterol / Cholesterol	15mg
Sodium / Sodium 480mg	20%
Carbohydrate / Glucides 25g	8%
Fibre / Fibres 2g	9%
Sugars / Sucres 5g	
Protein / Proteines	16g
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	20%
Calcium / Calcium	10%
Iron / Fer	20%

