

Dinner

RECIPE CARD

Spicy Mexican Chicken Lasagne (Serves 6)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

60 minutes

TIME TO COOK

All the delicious flavours of Mexican food in this family-friendly lasagne recipe.

NOTES

Approx. 410kcal
per serving

CALORIES

INGREDIENTS

- ★ 600g extra lean ground Chicken/ Turkey (mince)
- ★ 1 Onion, finely chopped
- ★ 1 Red Pepper, finely chopped
- ★ 1 Green Pepper, finely chopped
- ★ 2 cloves of Garlic, crushed
- ★ 9 tablespoons of Quark
- ★ 480ml Crushed Tomatoes - or passata but then also add 2 tbs of tomato paste/puree
- ★ 240 ml of Water
- ★ 2 teaspoon of Chilli Powder
- ★ 2 teaspoon of Cumin
- ★ 2 teaspoons of Paprika
- ★ 1 teaspoon of Onion Powder
- ★ 1/2 teaspoon Garlic Powder
- ★ 1 tablespoon of White Wine Vinegar
- ★ 1/4 teaspoon Cayenne Pepper
- ★ 3/4 tbs Sweetener
- ★ 120g of Cheddar
- ★ 100g of Mozzarella
- ★ 8 Lasagne Sheets (may need slightly more or less depending on dish dimensions)
- ★ 2 Vine Tomatoes, sliced thinly
- ★ Salt & Pepper to season
- ★ Low-Calorie Cooking Spray
- ★ 2 Spring Onions, sliced thinly or chopped coriander

METHOD



Preheat oven to 180c. Add the crushed tomatoes, water, vinegar, spices and sweetener to a small saucepan, bring to the boil and lower heat to a bubbling simmer, until sauce reduces down and thickens slightly.



Spray a frying pan with cooking oil spray and add the ground chicken, peppers, onion and garlic. Cook until ground chicken is browned, remove from heat and stir in the quark until all combined. Add half the chicken mixture to a large rectangle oven proof dish and spread out evenly.



Add 4 lasagne sheets over the top and half the spicy tomato sauce. Top with the other half of the chicken mixture, another 4 lasagne sheets and then pour the remaining spicy sauce over the top. Sprinkle with the grated mozzarella and cheddar and top with 6 slices of tomato. Season the top with some salt and black pepper.



Cover with foil and bake in the oven for approx 20 mins, then remove the foil and return to the oven for another 20 mins until cheese on top is golden. Sprinkle with some chopped spring onions or coriander and serve with a sides of your choice.