

10-Minute
Prep Meals



Let your child lend
a hand with the prep.
It's an easy way to get
them excited about
what's on the plate.

ONE POT LASAGNA

★ SOUP



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★ SOUP

INGREDIENTS

- 300g minced chicken
- 200g wholemeal flat pasta (or lasagna sheets)
- 150g shredded cheddar cheese
- 150ml water
- 3 fresh ripen tomatoes, cut into chunks
- 1 carrot, diced
- ½ yellow onion, minced
- 1 celery stalk, diced
- 3 cloves garlic, minced
- 1 tbsp olive oil HCS*
- 1 tsp Italian seasoning
- 1 tsp lower-sodium salt HCS*
- 1 tsp crushed black pepper



Eat All Foods in Moderation

*Use ingredients with the Healthier Choice Symbol (HCS) for a more nutritious meal!

METHODS

1. Heat olive oil in a medium pot and cook the minced chicken until lightly browned.
2. Add the onion, carrot and celery, then cook over medium heat for 10 to 15 minutes until the vegetables have softened and become fragrant.
3. Stir in the tomatoes, water, salt, black pepper and pasta. Cover and simmer for 10 to 15 minutes, or until the pasta is tender and has absorbed the flavours of the soup.
4. Turn off the heat and stir through the shredded cheese until melted. Serve warm.



TIP: For younger children, blend the cooked carrot, onion and celery after sautéing, then return the purée to the pot before continuing with the recipe. This is an easy way to include more vegetables in family meals.