

SERIOUSLY GOOD FAMILY FUN FOR THE NIGHT OF SPORT RELIEF 2012

If you're planning to tune into the night of Sport Relief with your family, why not cook up wholesome lasagne made with Seriously Good, the cooking sauce range created by Gordon Ramsay to raise money for Comic Relief.

Nutritionist Anita Bean says: "This appetising family dish is packed with B vitamins and fibre, and is relatively low in calories and carbohydrates, making it a healthy and filling choice for families. It's also rich in bone-strengthening calcium, supplying approximately half of a child's and a third of an adult's recommended daily allowance."

At least 10p from every jar of Seriously Good sold will contribute to the Sport Relief 2012 total, and as usual Gordon doesn't get a penny from the range, so you can enjoy your meal as a family knowing that you're supporting a great charity. Tuck in!

WILD MUSHROOM LASAGNE (Vegetarian)

Serves 4-6

Preparation time: 15mins

Baking time: 40mins



1 jar **Seriously Good Bolognese & Red Wine Sauce**
400g mixed mushrooms (such as ceps, girolles, chestnut mushrooms), cleaned
4 tbsp olive oil
1 large onion, peeled and chopped
2 garlic cloves, peeled and finely crushed
Sea salt and freshly ground black pepper
Splash of Marsala or dry white wine
Small handful of flat-leaf parsley, chopped
Small handful of chives, chopped
Leaves from a few sprigs of thyme
8 sheets of dried lasagne
250g fresh buffalo mozzarella, thinly sliced
2-3 tbsp grated parmesan

1. Trim off the hard ends of the mushrooms and chop any large ones into smaller pieces.
2. Heat a wide frying pan with the oil and add the onion and garlic. Sweat over a medium heat for 4-5 minutes until the onions are soft.
3. Add the mushrooms and season well with salt and pepper. Fry over a high heat until any liquid released from the mushrooms has cooked off and they are lightly browned.

4. Add a splash of Marsala or dry white wine and let it simmer for about 5 minutes until it has almost all evaporated.
5. Remove the pan from the heat, mix in the Seriously Good Bolognese & Red Wine sauce and stir in the chopped herbs.
6. Preheat the oven to 180°C/Fan 160°C/Gas 4. Spread about a third of the mushroom and sauce mixture over the base of a lightly greased ovenproof dish. Cover with a layer of lasagne sheets, followed by the mushroom mixture, and then add a layer of mozzarella. Repeat layering process twice, finishing with a layer of sauce.
7. Top with any remaining cheese, and sprinkle over the grated parmesan. Cover the dish with a piece of foil and bake for 30 minutes.
8. Remove the foil and return to the oven for another 10 minutes or until the topping is golden-brown and bubbling. Let the lasagne stand for a few minutes before slicing and serving with a green salad.

Nutritional breakdown per serving (based on 4 servings):

525 calories, 31g fat, (11g saturates), 21g protein, 42g carbohydrate (11g total sugars), 2.1g salt

Nutritional breakdown per serving (for 6 servings):

350 calories, 21g fat, (11g saturates), 14g protein, 28g carbohydrate (7g total sugars), 1.4g salt