THE LIGHTER PLATE METHOD

Hearts of Palm & Beef Bake

Layers of tinned hearts of palm and beef ragù baked together — a lighter lasagne alternative.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**30 min**	**45 min**	**4**	**EASY**

Ingredients

- 400 g tinned hearts of palm (drained and sliced into strips)
- 300 g beef mince
- 2 tomatoes (peeled, seeded and finely chopped)
- 0.5 medium onion (grated)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbsp olive oil
- 300 ml passata
- 4 tbsp parmesan (grated)

Method

1. Cook the beef mince with the onion, herbs and a little oil until browned, then stir in the tomato and passata and simmer for 10 minutes.
2. Layer the hearts of palm and the beef ragù in a baking dish, finishing with the ragù.
3. Scatter with parmesan.
4. Bake at moderate heat (180°C / fan 160°C) for about 30 minutes.

Tips & swaps

- Tinned hearts of palm are widely available and give a good al dente 'pasta' texture.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
280	**20g**	**10g**	**16g**	**4g**

Estimated values, for guidance only. Contains: Milk.