

Lasagna Rolls

Ingredients

- tbsp Oil
- g Sliced Onions
- tsp Garlic
- g Chicken
- pinches Salt
- Mediums Bay
- 1/2 1/2 tsp dried Thyme
- g Tomato
- 1/2 1/2 tsp Sugar
- mL Water
- cube MAGGI Chicken Seasoning Cube
- g Cheese
- g Tomato
- tbsp Butter
- tbsp Flour
- mL Milk
- pinches Salt

Instructions

1. Add olive oil to a heated pan
2. Add Chopped Onions & chopped garlic & saute for a while
3. Add Minced Chicken & Season with Salt & Pepper & Mix well
4. Add Bay leaves & dried Thyme
5. Add Chopped Tomatoes & mix well
6. Add 1 tsp Sugar
7. Add Water & Cook until Chicken is Tender
8. Add 1 MAGGI Chicken Seasoning Cube & mix well.
9. In a separate pan add butter
10. Once the butter melts add 2 tbsp flour
11. Add 750ml of milk
12. Whisk well until it thickens
13. Boil the lasagna sheet for 2-3 mins, put it on a tray, apply white sauce on a sheet & place the chicken mixture and roll it
14. Apply white sauce on a pyrex dish & place the rolled lasagna on it, then spread white sauce on top again & spread the chicken mixture on top, grate cheese on top & bake 180o for 45-60 mins covered with foil

Nutrition

Carbohydrates	27.64 g
Energy	744.42 kcal
Fats	54.63 g

89 Minutes

4 Portions

Fiber	1.11 g
Protein	45.09 g
Sodium	554.17 mg
Sugars	11.58 g