

No added MSG,
preservatives
or colourants

SUFFICIENT FOR
2 MEALS



So Consistent, So Easy, So Good!

WHITE SAUCE POWDER



SERVING SUGGESTION

100 g



WHITE SAUCE

50 g SO GOOD WHITE SAUCE POWDER (5 tbsp)
250 ml Water/Milk (1 cup)

METHOD

1. Whisk the SO GOOD WHITE SAUCE POWDER with the water or milk in a pot.
2. Bring to the boil and cook for \pm 1 - 2 minutes, whisking continuously, until thickened.



BEEF LASAGNE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
500 g	Minced beef
50 g	Tomato paste (3 tbsp)
60 g	SO GOOD ITALIAN TOMATO COOK-IN-SAUCE (6 tbsp)
250 ml	Water (1 cup)
100 g	SO GOOD WHITE SAUCE POWDER (1 packet)
500 ml	Milk/Water (2 cups)
250 g	Pasta, Lasagne sheets
100 g	Cheese, grated

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the mince and cook until brown and free of lumps.
3. Add the tomato paste and mix through.
4. Mix the SO GOOD ITALIAN TOMATO COOK-IN-SAUCE with the water and add to the mince. Bring to the boil.
5. Reduce heat and simmer for ±10 – 15 minutes.
6. Whisk the SO GOOD WHITE SAUCE POWDER and milk or water together in a pot and bring to the boil, stirring continuously. Remove from the heat.
7. Cover the base of an oven dish with a layer of pasta sheets.
8. Spread half the mince mixture over the pasta sheets.
9. Place another layer of pasta sheets on top and spread the rest of the mince over.
10. Cover with a top layer of pasta sheets and then spread the white sauce over the top.
11. Sprinkle the grated cheese over and bake at 160°C for ± 30 - 40 minutes until golden brown on top.



FISH PIE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
200 g	Hake fillets
200 g	Haddock fillets
100 g	SO GOOD WHITE SAUCE POWDER (1 packet)
500 ml	Milk (2 cups)
60 g	Peas, frozen (1 cup)
60 g	Corn, frozen (1 cup)
500 g	Mash potato

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Cut the fish into chunks and add to the onions. Fry for ± 3 - 5 minutes.
3. Whisk the SO GOOD WHITE SAUCE POWDER with the milk and add to the fish.
4. Add the frozen peas and corn.
5. Bring to the boil and cook for ± 2 minutes, stirring occasionally.
6. Pour into a baking dish.
7. Spread or pipe the mashed potato on top of the fish. Bake in the oven or grill until golden brown on top



CAULIFLOWER CHEESE BAKE

500 g	Cauliflower
100 g	SO GOOD WHITE SAUCE POWDER (1 packet)
500 ml	Water/Milk (2 cups)
100 g	Cheese, grated

METHOD

1. Bring a pot of water to the boil with salt.
2. Add the cauliflower and boil for ± 5 minutes.
3. Drain and rinse under cold water.
4. Cut into florets and arrange in a serving dish.
5. Whisk the SO GOOD WHITE SAUCE POWDER with the water or milk and bring to the boil in a pot, stirring continuously.
6. Cook for 1 - 2 minutes and pour over the cauliflower.
7. Sprinkle with the cheese and bake in the oven, or grill, until golden brown on top.