

Beef Lasagne!

Ingredients:

Meat

- 🍴 1 x finely diced brown onion
- 🍴 1kg Minced Beef
- 🍴 800g diced tomatoes
- 🍴 2 x tbspn mixed herbs
- 🍴 2 x tbspn beef powder/beef stock
- 🍴 1 x finely diced carrot
- 🍴 4 x tbspn minced garlic
- 🍴 1/4 cup tomato paste
- 🍴 Salt & pepper to taste

White Sauce

- 🍴 4 x tbspn butter/margarine
- 🍴 3 & 1/2 cups of milk
- 🍴 Salt & pepper to taste
- 🍴 1/4 cup flour
- 🍴 1 cup Parmesan cheese

Lasagne

- 🍴 4-8 lasagne sheets
- 🍴 2 cups mozzarella or pizza cheese



Method:

White Sauce (Bechamel)

- 🍴 In a separate saucepan, melt butter
- 🍴 Take off the heat & add the flour
- 🍴 Whisk for approx 30 seconds until all blended in
- 🍴 Place pot back onto stove and slowly whisk in 1 cup of milk
- 🍴 Once blended, add the remaining milk in increments, mixing well
- 🍴 If sauce gets a little too thick, add a little more milk
- 🍴 Increase heat to medium & continue cooking sauce stirring occasionally for approx 5 minutes
- 🍴 Add Parmesan cheese & remove pot from the heat
- 🍴 Season with salt & pepper

Meat Sauce

- 🍴 Heat oil in a large pan
- 🍴 Cook onion & carrot for approx 10 mins
- 🍴 Add in garlic and cook for 2 mins
- 🍴 Add in mince and brown
- 🍴 Add beef stock and mix in
- 🍴 Pour in tomatoes & tomato paste
- 🍴 Add mixed herbs, salt & pepper
- 🍴 Stir in and reduce to low heat
- 🍴 Cover and cook for approx 20 mins

To Assemble:

- 🍴 Pre-heat oven to 180 degrees
 - 🍴 Add one cup of meat to bottom of dish and spread out to cover base
 - 🍴 Add lasagne sheet/s to cover
 - 🍴 Add 2 cups of meat & spread
 - 🍴 Add 1 cup white sauce & spread
 - 🍴 Add lasagne sheet/s to cover
 - 🍴 Continue process until desired layers are made
 - 🍴 Top with mozzarella or pizza cheese
 - 🍴 Bake in the oven for 25-30 mins
- Can sprinkle with parsley to serve!