

Difficulty:
Easy



Lasagne

Time:
60 minutes



Allergens: milk, gluten, celery

What is it?

A tasty Italian pasta dish packed with flavour. This can be prepared ahead of time and stored in the freezer until you want to cook it, just bake for an extra 45 minutes from frozen. A handy tip during a busy week!

**AVERAGE COST
PER PERSON
£1.23**

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Beef stock	1 tsp	1 tsp	2 tbsp
Chopped tomatoes	100g	150g	200g
Garlic clove	1	1	1
Lasagne sheets	200g	300g	400g
Cheese (grated)	100g	150g	200g
Mixed herbs	1/2 tsp	1 tsp	1 tsp
Flour	30g	40g	50g
Beef mince	200g	300g	400g
Onion	1/2	1	1
Butter	30g	40g	50g

You will also need some oil and milk

Kit list:

- Saucepan
- Oven dish

Make it your own!

Add your favourite veggies as a side dish to make this meal super healthy - we recommend some tasty green beans, sweetcorn or a crunchy salad!

**Celebrate Family
Food**

Charity no.
1125784



What to do:

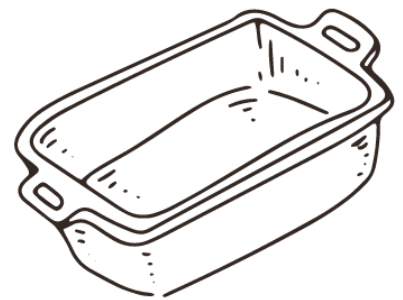
Step 1: Heat some oil in a pan and gently fry the onions and garlic for five minutes. Add the beef mince and break up large chunks with a spoon. Cook the mix until the mince has browned all over. Season with a pinch of salt and pepper.



Step 2: Crumble in the beef stock and give everything a stir, dissolving it in the juices

Step 3: Add the chopped tomatoes and mixed herbs, as well as 50ml of water. Simmer the mix for around 15 minutes, stirring well, until the sauce has thickened and looks rich.

Step 4: Cover the bottom of an oven dish with lasagne sheets, using 1/3rd of the amount in the recipe. Spoon half of the meat mixture on top to make an even covering.



Step 5: Add another 1/3 of lasagne sheets on top of the meat, and then the rest of the meat on top of this to make layers. Cover with the remaining 1/3 of lasagne sheets.

Step 6: Make the white sauce; in a pan, gently melt the butter and add the flour. Once you have created a paste, add the milk (250ml per person) a little bit at a time and mix well. Keep going until the sauce thickens. Add a small pinch of salt and white pepper if you have it. Stir continuously so that the bottom of the pan does not burn.

Step 7: Pour your white sauce over your lasagne to make a final layer. Sprinkle the grated cheese on top and bake for 45 minutes at 200 degrees (gas mark 6), until the top has lightly browned and the sauce is bubbling.



Serve: Dish up a tasty slice of your lasagne with a side salad or your favourite veggies, and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!

