

SERVES 4-6



BEEF LASAGNA

INGREDIENTS

500g lasagna sheets
1 cup grated Cheddar and Mozzarella cheese mix

INGREDIENTS BÉCHAMEL SAUCE

3 cup (750ml) milk
4 tbsp butter
4 tbsp cake flour
Salt & pepper to taste

INGREDIENTS MINCE SAUCE

500g beef mince
1 x 50g Tomato paste
1 can diced tomato
1 tbsp crushed Garlic
2 tbsp brown sugar
½ cup chopped Basil
2 tbsp dried oregano
1 cube chicken stock (dissolve in 250ml water)
1 onion, diced
1 carrot, grated
3 tbsp olive oil
Salt & pepper to taste

METHOD

Pre-heat oven to 180 C.

Heat skillet on medium heat. Add olive oil, onions, carrot and sauté for 5 min.

Add garlic and beef mince, sauté for 5 min. Stir in the tomato paste, diced tomatoes and oregano and cook for 10 – 15min.

Pour in the dissolved chicken stock and rest of spices - reduce mixture for another 5min until it has a thick custard consistency.

Melt butter for Béchamel sauce in pot. Stir in the flour and cook the roux for about 3 min.

Add the milk and stir continuously until the sauce has thickened. (if sauce is sticking to the back of a wooden spoon the sauce is perfect).

ASSEMBLE

Spread a spoon of beef mince sauce on bottom of a Twinsaver Foil Casserole Dish (to prevent pasta from sticking to the bottom).

Layer the lasagna - lasagna sheets, beef mince sauce and Béchamel sauce.

Repeat the layers till almost to the top of the dish. Sprinkle the cheese over the top.

Cook for 30-35min.

COOKING TIP: Lasagna freezes well. Cover before freezing. It can be defrosted (cook for 30-35min) or cooked from frozen (cook for 60min). Allow lasagna to rest before serving/cutting.