

Lasagne

- **BRING YOUR OWN LASAGNE DISH**

- 1 onion
- 1 clove garlic (optional)
- 1 tablespoon oil
- 450g / 1 lb minced beef or 1 pack Quorn
- 1 tin chopped tomatoes
- good pinch mixed herbs/basil/oregano
- 1 bay leaf (optional)
- 2 tablespoons tomato puree
- 35g / 1 ½ oz plain flour
- 35g / 1 ½ oz butter or marg
- 375ml / ¾ pint milk
- 100g / 4oz grated cheese
- 9 lasagne sheets
- salt and pepper (Stock cube can be added to meat if desired)



Method

1. Chop onion and crush garlic. Fry in the oil until soft.
2. Add minced beef or Quorn, and continue cooking until browned.
3. Add tomatoes, herbs and puree. Season with salt and pepper (or stock cube), and simmer for 30 mins. (Lid on)
4. In another pan, melt the butter and then stir in the flour. Remove from the heat.
5. Gradually stir in the milk, return to the heat and bring to a boil, stirring all the time until the sauce thickens. Add most of the cheese. Season to taste.
6. Put a little cheese sauce in the bottom of an ovenproof dish. Add a layer of lasagne, then cheese sauce, then half the meat. Repeat layers ending with a layer of lasagne, cheese sauce, then sprinkle with grated cheese on top.

At Home, heat oven Gas 6 /200°C, cover lasagne with foil and bake 30 – 40 mins until golden. Remove foil to brown for a few minutes.

Alternatives:

Omit meat and use 375g / 12oz frozen mixed veg instead.

Use minced turkey instead of beef

Add peppers, mushrooms or other vegetables after the onion.