



Family  
Favourite  
Lasagne



## INGREDIENTS

### Meat sauce:

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- Lean minced beef/pork/turkey
  - 1 onion
  - 1 clove garlic
  - 1 red pepper
  - 6 mushrooms
  - 1 tin of chopped tomatoes
  - 2 dessertspoons ketchup
  - Salt & Pepper
  - Lasagne sheets



### Cheese Sauce:

- 25g flour
- 25g butter
- 425ml milk
- 50g grated cheese
- Salt & pepper

## 1. Make the meat sauce:

- ❖ Pre-heat oven to 180°C/Gas Mark 4
- ❖ Finely chop onion, garlic, peppers and mushrooms.
- ❖ In a large saucepan, heat a small drop of oil and fry the mince for 7-8 minutes until it turns brown – make sure you stir well.
- ❖ Add in the chopped onion and garlic and cook for 5 minutes.
- ❖ Next, add in the peppers and mushrooms and stir.
- ❖ Pour in the contents of a tin of tomatoes and the ketchup and mix well.
- ❖ Bring the sauce to the boil, and then turn the heat down to simmer for 20 minutes.



## 2. Make the cheese sauce:

- ❖ In a small saucepan, melt the butter.
- ❖ Add in the flour and mix well- cook for 1 minute on a low heat.
- ❖ Remove the saucepan from the heat, and slowly add in the milk, stirring all the time. Season with salt and pepper.
- ❖ Return to the heat and bring the sauce to the boil.
- ❖ Keep stirring 😊
- ❖ Turn the heat down, add in half of the cheese, and cook slowly for another 2 minutes.



## 3. Assemble the Lasagne

- ❖ Using a large casserole/lasagne dish, put a layer of the meat sauce on the bottom of the dish and cover with some lasagne sheets.
- ❖ Cover the sheets with a coating of cheese sauce
- ❖ Repeat this step once or twice more
- ❖ Finish with a coating of cheese sauce on top, and sprinkle the rest of the grated cheese on top.
- ❖ Bake in the oven for 30-40 minutes until the lasagne sheets are soft.
- ❖ Serve with some garlic bread



## Homemade Garlic Bread

- ❖ Finely chop some garlic gloves
- ❖ Melt 2 tablespoons of butter in a microwave
- ❖ Add in the chopped garlic and mix well
- ❖ Using whatever bread you have, spread the melted butter over the bread and place into the oven until the bread is crispy.



**ENJOY!!!**