

Beef Lasagne

A firm family favourite for everyone to enjoy

Portions 8

Meat Sauce Ingredients

600g	Minced Beef
150g	Onions – finely chopped
100g	Carrot – grated
10g	Mixed Herbs
10g	Garlic Puree
90g	Tomato Puree
800g	Tinned Chopped Tomatoes
150g	Lasagne Sheets

Cheese Sauce Ingredients

60g	Margarine
60g	Plain Flour
600ml	Semi-skimmed Milk
100g	White Cheddar Cheese – grated
	Seasoning

Method

Meat Sauce

1. Fry off onion and mince until brown.
2. Add grated carrot, tomato puree, garlic puree and mixed herbs and fry for 3 minutes
3. Add tinned tomatoes.
4. Bring to the boil, then lower heat and simmer gently until the meat is tender. Season to taste.

Cheese Sauce

1. Melt margarine, add flour. Allow roux to cook out.
2. Gradually add warm milk, blend and stir continuously.
3. Keep some cheese back for topping. Add remainder to sauce and season.

To Complete

1. Cover the bottom of a serving dish with a layer of meat sauce, followed by a sheet of lasagne, repeat.
2. Top with cheese sauce, finish with remaining grated cheese.
3. Bake in oven, Gas 4, 350°F for 40 minutes or until top is golden. Garnish with chopped parsley.

Serve with garlic or herby bread

