

# LASAGNE

## Ingredients:

400g minced beef  
2 streaky rashers  
1 small onion  
3 cloves garlic  
1 tin chopped tomatoes  
2 tbsp tomato puree  
4 baby mushrooms  
1 carrot  
9 sheets of lasagne

White sauce:  
150g grated cheese  
50g butter  
50g flour  
½ tsp mustard  
700ml milk

Basil, oregano, salt and pepper to season.



## Equipment:

2 chopping boards  
2 saucepans (1 big, 1 small)  
2 sharp knives  
Wooden spoon

Whisk  
Colander  
Scissors  
Pie dish

\*For a nice soft texture on the lasagne sheets, allow them to rest in the pie dish covered with boiling water while you make the white sauce, but remember, they will stick together, so space them out, do not stack them.

## Method:

1. Pre-heat the oven to 190°C/ Gas 5.
2. Peel and dice onion and garlic.
3. Wash peel and chop mushrooms and carrot (small bite size pieces will give for a better finished product).
4. Heat oil in large pot, saute (cook lightly in oil) onion and garlic for 1min.
5. Cut the streaky rashers (the scissors work well here), add to pot.
6. Break up the mince and sear in the saucepan. Cook until mince is brown.
7. Add the carrots, cook for 2mins.
8. Add the mushrooms, cook for 1 min, stirring continuously.
9. Open the tin of chopped tomatoes and stir in along with the tomato puree, bring to boil and simmer for 10-15mins.
10. Add oregano, basil, salt and pepper to season.
11. In small pot melt the butter. Add the flour and cook for 2mins (the flour should soak up the butter, be careful not to let it burn).
12. Remove from the heat and add the milk gradually, off the heat a little at a time.
13. Return to the heat and stir continuously (whisk works well here), until all the lumps are gone and it reaches the correct consistency – smooth, no lumps.
14. Add mustard and ½ the cheese.
15. Place a layer of meat sauce, followed by a layer of lasagne, followed by a layer of white sauce in the dish.
16. Repeat the process to create layers.
17. Sprinkle the remaining cheese on top.
18. Bake for 25mins until golden.
19. Serve with green salad and cherry tomatoes.

Beef lasagne and side salad is a balanced meal containing all 4 food groups. The lasagne sheets and the flour in the white sauce provides carbohydrates in the form of starch, which are needed for energy. This will give slow release energy and keep us going for longer. The vegetables i.e. mushrooms, carrots and tomato sauce contain Vitamin A and C which are essential for good general health, healthy lining membranes and a strong immune system. The mince provides HBV protein needed for growth and repair. It is also a source of iron needed for the production of haemoglobin and to prevent anaemia. The grated cheese and milk are a source of calcium and prevent brittle bone disease.

The recipe can be modified for vegetarians by substituting the mince for an alternative i.e. Quorn mince or TVP, or alternatively using LBV (Low biological value/ plant-based protein) ingredients e.g. mixed beans, or chickpeas. Or aubergine, peppers, sweet potato or butternut squash which have been lightly roasted (for flavour).

Batch cooking is cost efficient, as the lasagne can be frozen for consumption at a later date. Simply divide into appropriate portions, seal in a lunchbox/ foil container and label it with the name and date. Store in the freezer for up to 3 months.