

## Lasagne

Serves 6

### **Ingredients:**

- 1 tbsp olive oil
- 1 onion, peeled and chopped
- ½ green pepper, chopped
- 200g button mushrooms, quartered
- 2 cloves of garlic, crushed
- 1½ tsp oregano
- ½ tsp thyme leaves
- 400g lean minced beef
- 150ml red wine
- 2 reduced salt beef stock cubes, crumbled
- 1 can chopped tomatoes
- 4 tbsp Heinz Tomato Ketchup
- A few dashes of Lea & Perrins Worcestershire sauce
- 6 fresh lasagne sheets
- 100g reduced fat cheese

### For the béchamel sauce:

- 600ml semi-skimmed milk
- 30g margarine
- 45g plain flour
- A pinch of freshly grated nutmeg

### **Method:**

- 1) Preheat the oven to 180°C. Heat oil in a large saucepan over medium heat.
- 2) Crumble in beef and brown all over, for about 5 minutes
- 3) Add onion, green pepper, mushrooms, garlic and dried herbs; cook for 5 to 10 minutes until vegetables soften.
- 4) Add in the wine and reduce by half before stirring in the stock cube, chopped tomatoes, Heinz Tomato Ketchup and add a few dashes of Lea & Perrins to taste and bring to the boil.
- 5) Reduce heat and simmer for 10 minutes.
- 6) To make the béchamel sauce, place the milk in a large non-stick saucepan, add the nutmeg and gently bring to the boil.
- 7) In a separate saucepan melt the margarine and add the flour. Beat well and cook for 2 minutes.
- 8) Remove the milk from the heat and add a little to the flour mixture. Combine well, and when the milk has been absorbed, add a little more. Continue to do this until all the milk has been added, whisking continually.

- 9) Layer the meat sauce, lasagne sheets and béchamel sauce starting with the meat sauce. Repeat layers until the dish is full, finishing with the béchamel sauce.
- 10) Sprinkle the grated cheese onto the top of the sauce.
- 11) Cover with foil and bake for 35 minutes. Remove foil and bake for 15 minutes or until golden, and heated through.
- 12) Serve with broccoli on the side.

**Cooking Time: 50 mins**

**Prep Time: 20-25 mins**