

Lasagne *Week 3*

Ingredients:

500 grams quorn mince
425 gram tinned tomatoes
500 mls pasta sauce
3 tbsps tomato paste
2 cloves garlic
1 onion
1/2 cup plain flour
750 mls milk
75 grams butter
350 grams tasty cheese grated
500 grams lasagne sheets

Meat Sauce Method:

Preheat oven to 180 degrees Celsius.

Finely chop onion.

Chop tomatoes in the tin, so that they are in small pieces.

Heat oil in a large frying pan.

Add onion and garlic and fry for 2 - 3 minutes.

Add mince, cook until brown. Breaking up as you cook it.

Add tomatoes and tomato paste and blend well, until excess liquid is evaporated.

Stir in pasta sauce, bring to the boil, then reduce heat and simmer for 15 - 20 minutes.

White Sauce Method

1. Chop butter roughly and place in a microwave jug and add flour.
2. Cook for approx 45 seconds on high in microwave.
3. Stir vigorously to make a smooth paste.
4. Add milk, stir again and cook in microwave for 5 minutes.
5. Stir again, getting lumps out, particularly from the bottom.
6. Cook for approximately another 2 minutes.
7. Keep going like this until the mixture is smooth and thick

Method:

Layering Lasagne

Lightly spray lasagne dish with olive oil.

Lay lasagne sheets on bottom of dish. Break bits up so entire bottom is covered.

In the pan divide the meat mixture into at least two portions (depending on size of dish).

Spread one half of the meat mixture over the lasagne sheets.

Sprinkle with a half of the tasty and mozzarella cheese on top of this.