

# Lasagne



## Ingredients

1 onion  
1 clove garlic  
1 carrot  
1 x 15ml oil  
250g lean minced beef  
400g canned chopped tomatoes  
1 x 15ml spoon tomato puree  
100ml water  
1 x 5ml spoon mixed herbs  
Black pepper  
Fresh pasta (pref. made in class) 100g bread flour + 1 egg  
25g butter/soft margarine  
25g plain flour  
300ml semi-skimmed milk  
50g Cheddar cheese

## Equipment

Chopping board, vegetable knife, garlic press, vegetable peeler, large frying pan, mixing spoon, can opener, measuring jug, small saucepan, grater, ovenproof dish.

## Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;
  - peel and slice the carrot.
3. Fry the onion, garlic, carrot and celery in the oil.
4. Add the meat and cook until the mince is lightly browned.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil, then simmer for 20 minutes.
7. While the meat is cooking, make the sauce.
  - Place the butter or margarine, flour and milk into a small saucepan.
  - Bring the sauce to a simmer, whisking it all the time until it has thickened.
  - Reduce the heat and simmer for 2 minutes.
  - Grate the cheese and stir in (leave a little to sprinkle on top).
8. In an ovenproof dish or foil tray, spread some meat mixture in the bottom, cover with lasagne sheets and a little cheese sauce. Repeat this, finishing with the sauce on top.
9. Sprinkle the remaining grated cheese on top and bake for 20 minutes.