

# LASAGNA

**PREPARATION** : 30 min

**COOKING TIME** : 50 min

**SERVES** : 4

## **INGREDIENTS**

- 300 g **fresh** lasagne sheets
- 750 g lean beef mince
- 200 g ml hot beef stock (optional)
- Grated cheese
- Tomato sauce : *see below for a home-made one*
- White sauce (= Béchamel) : *see below*
- Grated nutmeg (= noix de muscade)
- 2 tbsp olive oil

## **PREPARATION**

1. **First make the meat sauce.** Heat the oil in a frying pan, then cook the beef for about 10 mins until browned all over.
2. **Add the tomato sauce and the nutmeg** (and the beef stock if you're using any) then season with salt and pepper.
3. **Bring up to the boil and simmer for 30 mins** until the ragu looks rich and thick.
4. **Pre-heat oven to 180° C / Gas 4** and lightly oil or butter an ovenproof serving dish (about 30 x 20 cm).



## ASSEMBLE THE LASSAGNA

5. **Spoon over 1/3 of the ragu sauce**, then cover with lasagne sheets. Drizzle over about ¼ of the white sauce. Repeat until you have 3 layers of pasta. Cover with the remaining half quantity of white sauce, making sure you can't see any pasta poking through.
6. **Scatter grated cheese over the top.**
7. **Bake for 45 mins** until the top is bubbling and lightly browned.
8. Enjoy ! +++

## TIPS

### *HOMEMADE TOMATO SAUCE*

- **Heat 1 tbsp olive oil in a saucepan.** Add 2 onions (finely chopped), 2 garlic cloves (sliced) and 1 carrot (roughly chopped).
- **Cook for about 6 mins** over a medium heat until softened.
- **Pour in 200 ml white wine** then cook for 5 mins until this has reduced by 2/3.
- **Pour over 1 Kg chopped tomatoes** and add 1 handful basil leaves.
- **Bring to the boil** then simmer for 20 mins. Leave to cool.
- **Whizz** in a food processor. It's ready !

### *WHITE SAUCE*

- **Melt 85 g butter in a saucepan** and stir in 85 g plain flour.
- **Cook for 2 mins** while stirring
- **Slowly whisk in 750 ml milk** then bring to the boil, still stirring. Turn down heat, then cook until the sauce thickens perfectly. It's ready !