

LASAGNE

2 SERVES

INGREDIENTS

1 tbsp Oil
½ Onion, diced
½ tsp Crushed Garlic
125g Minced Beef
125g Canned Tomatoes
½ tbsp Tomato Paste
3 Shakes of Pepper
¼ cup Water
15g Tasty Cheese, grated
4 Lasagne Sheets
Béchamel Sauce



METHOD

1. Preheat oven to 180°C. Spray loaf tin with oil.
2. Heat oil in frying pan. Fry onion and garlic.
3. Add minced beef, tomatoes, tomato paste, pepper and water. Simmer for 10 minutes.
4. Place a thin layer of meat sauce in loaf tin, then a small amount of Béchamel Sauce then cover with Lasagne sheet. Repeat these layers. The top layer should be Lasagne, cover with Béchamel Sauce and sprinkle with grated cheese.
5. Bake at 180°C for 30 minutes until cheese is melted and golden brown.