We are Ready......

**Beef lasagne**

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**Suggested portion**

**Size for recipe**

1–2 years – 130g

3–4 years – 170g

**Ingredients – Serves 5**

**Onion, peeled** 60g (1 small)

**Garlic, peeled** 1 clove

**Beef, lean, minced** 210g

**Oregano** ½ teaspoon

**Tomato purée** 30g (2 tablespoons)

**Canned tomatoes, chopped** 100g (½ x 200g can)

**Water** 200ml

**Soft margarine** 20g

**Plain flour** 20g

**Whole milk** 200ml

**Lasagne sheets** 90g (5–6 sheets)

**Cheddar cheese, full-fat** 30g

**Method**

1. Preheat the oven to 180ºC/350ºF/gas mark 4.

2. Chop the onion and garlic.

3. Put a large pan on a medium heat, add the mince and cook until brown. Add the onions,

garlic, oregano and tomato purée and cook for 5 minutes until the onion has softened.

4. Add the canned tomatoes and water and leave to simmer for 20 minutes.

5. Prepare a roux white sauce: in a separate pan melt the margarine on a low heat. Once it

has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a

little at a time stirring continuously, bringing the sauce to the boil until thickened.

6. In an ovenproof dish, layer the mince and lasagne sheets and top with a layer of

white sauce.

7. Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until piping

hot throughout and golden on top.

Serve with vegetables