

We are ready.....

Beef lasagne



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	$\frac{1}{2}$ teaspoon
Tomato purée	30g (2 tablespoons)
Canned tomatoes, chopped	100g ($\frac{1}{2}$ 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 180°C/350°F/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