

# Lasagne

Prep time: 25 mins

Cooking time: 30 mins



4-6



8-10



## Ingredients

Mince mixture recipe

10 lasagne sheets

50g/2oz of cheddar cheese, grated

For the white sauce:

300ml/11floz of milk

2 tablespoons of plain flour

1 tablespoon of vegetable oil

**Method.** Pre heat oven to 180°C / Gas Mark 4

- Whilst the mince mixture is simmering make the white sauce by putting the milk, oil and flour in a small saucepan. Place over a medium heat and whisk briskly until the sauce boils and thickens. Continue to heat for a further minute whisking continuously
- Coat the bottom of an oven proof dish with one third of the meat sauce followed by one third of the white sauce and top with a layer of lasagne sheets. Repeat this once more then finish with a layer of the remaining meat sauce topped with a layer of the remaining white sauce
- Finally, sprinkle with the grated cheese and cook in the oven for 30 minutes

- Test to see if your lasagne is ready by inserting a sharp knife into all 3 layers of lasagne sheets – the pasta should be quite soft
- If the top is browning too quickly, carefully cover with tin foil and continue to cook.

### Tips!

- White sauce is also a great accompaniment to poached fish.
- To make a simple cheese sauce, add 40g of cheddar cheese to the white sauce and stir until melted.

