

# Lasagne



Serves: 6



Equipment:



Chopping board,  
knife,  
wooden spoon,  
saucepan,  
baking dish,  
measuring jug,  
teaspoon,  
tablespoon

Ingredients:



- 1 tbsp. olive oil
- 1 onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 2 garlic cloves, crushed
- 400g lean beef mince
- 1 tbsp. tomato purée
- 400g tin chopped tomatoes
- 200ml low-salt beef stock
- 1 tsp. dried basil
- 1 tsp. Worcestershire sauce (optional)
- 9-12 lasagne sheets (depending on the size of your baking dish)
- 125g low-fat mozzarella, shredded

Method:



1. Preheat the oven to 200°C/180°C fan/Gas mark 6
2. In a large pan, heat the olive oil over a low heat. Fry the onion, carrot, celery and garlic for 5 mins, or until softened. Add the mince and fry on a medium heat until golden.
3. Turn up the heat, stir in the tomato purée, chopped tomatoes and stock. Add the Worcestershire sauce and simmer for 15 mins, or until the liquid has reduced. Season with a small pinch of salt and black pepper.
4. Preheat the oven to 200°C/180°C fan/Gas mark 6. Layer up the lasagne in a baking dish, starting with a layer of mince, then mozzarella and then lasagne sheets. Repeat until all the mince is used up. Top with the remaining mozzarella then bake in the oven for 40-45 mins, until piping hot and crisp and bubbling on top. Serve with a portion of vegetables.