

Low Fat Lasagne

INGREDIENTS

Minced Beef 250g
1 Tin of Tomatoes
Tomato Puree
Chopped onion x 1
Cheddar Cheese
Garlic 1 clove – chopped
1 Celery Stick – finely chopped
Lasagne sheets
Dried Basil
Dried Oregano



FOR THE WHITE SAUCE

Semi- skimmed Milk 300ml
Margarine 25g
Plain Flour 25
Pinch Nutmeg
Black Pepper

Method

1. To prepare the Meat Sauce, dry-fry the Mince Beef and Onion until brown. Then add the chopped celery and chopped garlic
2. Stir in chopped tomatoes from tin, followed by squeeze of tomato puree and dried basil/oregano
3. Simmer for about 30 mins until thick and rich.
6. To make the Bechamel sauce, melt the Butter, stir the Flour in then slowly add the Milk, stirring until thickened. Add pinch of nutmeg and black pepper to taste.
7. Once thickened, stir in 2 tablespoons ricotta cheese
8. Layer the ingredients in tray, starting with the Meat Sauce, then the Lasagne, ending with the Bechamel Sauce. Repeat till tray is almost full and sprinkle with cheese.

Once home, bake in the oven at 180C for 30 minutes.