

LASAGNE RECIPE

INGREDIENTS

- 60 ml Oil
- 1 cup red wine or liquid beef stock
- 750g mince meat
- 1 chopped onion
- 1 teaspoon garlic
- 2 tablespoons of tomato paste
- 2 tablespoons paprika
- 2 tablespoons bbq spice
- Black pepper and salt
- Lasagne sheets
- 2 cups Cooked creamy spinach

WHITE SAUCE:

5 tablespoons Butter
4 tablespoons cake Flour
2 x tins of evaporated Milk
Salt
2 cups of grated cheddar cheese

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Method

– In a large saucepan fry onion and garlic in oil until translucent
-Add mince,salt,paprika,bbq spice ,black pepper and fry until lightly browned.

Stir in tomato paste,wine. Bring to the boil then simmer, covered for 15 minutes and remove from heat.

CHEESE SAUCE:

- Melt butter in a saucepan on a medium heat .
- Stir in flour to form a paste.
- Gradually add evaporated milk whisking continuously until the mixture is smooth and thickened,Season to taste.
- Add grated cheddar cheese and remove from heat.

- Preheat oven to 180 degrees Celsius.
- In a greased oven dish layer white sauce, then Lasagne Sheets, then meat sauce,creamy spinash in single layers.
- Continue layering in this order, finish with white sauce.
- Sprinkle grated cheddar cheese .
- Bake for 30 minutes,Allow to cool for 5 minutes before serving