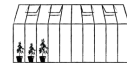


Lasagna



Jaz Mathisen

AWAKINO STATION

Ingredients:

Bolognese:

- 1 kilo beef or venison mince
- 1 onion, diced
- 2 cloves garlic, crushed
- 4 button mushrooms, chopped
- 1 tbsp dried mixed herbs
- 2 tbsp tomato paste
- 1x 400g can crushed tomatoes
- 1x 400g can lentils, drained
- 2 cups beef stock
- 2 cups finely chopped greens - kale, silverbeet, spinach

Cheese Sauce:

- 50g butter
 - 1/4 cup plain white flour
 - 2 cups milk
 - 1 cup grated cheese
 - 1 tsp dijon mustard
 - salt and pepper
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- lasagna sheets - either a packet of dried, fresh or try and make your own.
 - 1 cup grated cheese

Notes:

- This is a great recipe for sneaking vegetables in - try adding grated carrot, zucchini or pumpkin into the bolognese.
- Lasagna's freeze really well. Double the recipe and assemble one in a separate oven proof container. Allow to cool completely before covering with tin foil and freezing. Freeze for up to three months.

Method:

1. In a large frypan over a high heat brown the mince, quickly breaking it up with a wooden spoon. Add the onion, garlic and mushrooms and sauté until soft, then stir through the mixed herbs and tomato paste. Let cook for a minute until you can smell the fragrance of the herbs.
2. Pour in the crushed tomatoes, lentils, stock and finely chopped greens. Bring to a boil and then turn the heat to low and allow to simmer for 30 minutes while you make the cheese sauce. Taste and season with salt and pepper.
3. To make the cheese sauce, in a medium pot over a medium heat melt the butter. Stir in the flour and continue stirring for another minute. Gradually pour in the milk, stirring between additions, then let the sauce simmer until thickened. Add the grated cheese and mustard. Season with salt and pepper.
4. Preheat the oven to 180C
5. Spread 1/3 of the bolognese on the bottom of a lasagna dish. Then top with a layer of lasagna pasta. Then pour 1/3 of the cheese sauce over. Repeat three more times, finishing with the cheese sauce. Sprinkle the grated cheese over the cheese sauce.
6. Bake in the preheated oven for 45 minutes, or until the pasta is cooked and the cheese is bubbling and golden. Let rest for ten minutes, before serving.