



Easy Lasagne Serves 4

1 tablespoon oil

1 onion

500g minced beef

400g tin of chopped tomatoes

1 teaspoon dried oregano or 1

tablespoon fresh oregano

1 beef stock cube

40g butter

40g plain flour

600ml milk

175g grated cheddar

250g pack of lasagne sheets

Peel and chop the onion. Heat the oil in a medium saucepan over a medium heat. Add the onion and fry gently, stirring occasionally, until softened. Meanwhile, chop the fresh oregano or measure the dried.

Once the onion is soft, add the minced beef and stir until browned, increasing the heat if necessary to a gentle sizzle. Next add the tomatoes and herbs and 100ml stock made with the stock cube. Simmer with the lid on for 15 minutes.

While the meat is cooking make the cheese sauce using either method:

Saucepan, stovetop method:

Melt the butter over a medium heat in a saucepan. Add the flour and stir to form a roux, cooking for a few minutes.

Gradually whisk in the milk, a little at a time. Cook for 10-15 minutes to a thickened and smooth sauce. Stir in the grated cheese.

OR Microwave, all-in-one method:

Put butter, flour and milk into a large microwave safe bowl or jug and heat on High for 1 ½ minutes. Whisk until smooth. Repeat for heating and whisking (1 minute at a time) until sauce is just boiling and thickened. Stir in the grated cheese.

Now to 'build' the lasagne:

Cover the base of a dish (roughly 25cm X 20cm X 5cm deep) with a thin layer of the meat sauce.

Cover this with a single layer of lasagne sheets, broken to size if needed.

Spoon over a layer of cheese sauce.

Repeat layers until all ingredients are used ENDING on a CHEESE SAUCE layer.

Place on a baking tray and bake for 25 minutes at 180°C, Gas 4 or until golden.