

**Lasagne, adapted from the Hairy Bikers,  
and Garlic Bread (optional time-keeping challenge)**

This is a simple, low cost lasagne, easy to jazz up with your own choice of fillings or a grating of cheese on top.  
Serves 4 as a main meal.

**Ingredients**

1 tbsp vegetable oil  
250g mince  
1 onion  
1 carrot  
75g butter  
75g plain flour  
750ml milk  
1/2 garlic cloves  
1 x 400g tin tomatoes  
250g lasagne sheets  
250g beef mince  
salt and pepper  
medium baking dish (for example, approx. 25x25cm and 7-10cm deep) preferably rectangular/square  
Clean tea towel, to wrap around your dish

OPTIONAL FLAVOURINGS– stock cube, dried herbs/basil, Worcestershire sauce. 1 tsp English mustard  
OPTIONAL INGREDIENTS – red pepper, mushrooms. Cheddar or parmesan cheese for grating on top.

**For the garlic bread**

a small baguette/torpedo roll  
butter or marg to spread the bread  
2-3 garlic cloves  
Salt and pepper (pinch of each)

## Method

### **The Meat Sauce (just like bolognese!)**

1. Preheat the oven to 200C/400F/Gas 6
2. Finely dice the veg.
3. Crush the garlic.
4. Heat a large pan over a **medium heat** and add the oil.
5. Add the mince along with a good pinch of salt and pepper.
6. Brown the mince for 5-6 minutes until coloured all over and beginning to crisp.
7. Add the onion and carrot (and other veg) to the pan along with a pinch of salt.
8. Add 100ml water
9. Cook gently for 10 minutes, or until everything is softened.
10. Once the onions and carrots are softened, add the garlic to the frying pan and cook for two minutes.
11. Add the tomatoes.
12. Add the stock cube
13. Mix everything together, cover with a lid and simmer the sauce for 10 minutes until thickened slightly.
14. Turn off the heat and remove from the hob.

### **The White Sauce (you will make 'roux' – a cooked flour and butter paste – and then add milk to this roux to make the sauce)**

1. Melt the butter in a saucepan over a LOW heat.
2. Once melted, add the flour and mustard, stir to mix REALLY well and make a golden coloured, smooth paste.
3. CHECK to AVOID BURNING!!!
4. Pour a splash of the milk into the saucepan, stirring constantly as you add to create a smooth white sauce.
5. Add the milk a little at a time, stirring to make the sauce after EACH time you add some milk.
6. Once all the milk is added, season with a pinch of salt and pepper.
7. Turn the heat down and leave to simmer **very gently** for 5 minutes.
8. Turn off the hob.

### **Layer up the lasagne and sauces in your baking dish.**

1. Start with a layer of meat sauce which covers the bottom of the dish.
2. Place 1 layer of pasta sheets over the meat sauce
3. Pour on a layer of white sauce
4. Pour on a layer of meat sauce
5. Place 1 layer of pasta over the meat sauce
6. REPEAT until all the sauces are used up. MAKE SURE YOU DO NOT FINISH WITH A LAYER OF PASTA !!!
7. Grate cheese and sprinkle on top.
8. PUT ON A BAKING TRAY (to catch spills) and put in oven for 20 minutes or until bubbling and golden brown on top.

### **Garlic bread.**

In a small bowl, beat together butter/marg, pinch of salt and crushed garlic to make a garlic butter.  
Cut slices into the bread, but do not cut all the way through.  
Spread each side of the slices with the garlic butter.  
Wrap in aluminium foil and seal the ends.  
Place in the oven to cook 10 minutes before the lasagne is due to come out.

### **TO SERVE**

You can reheat this dish, but you need to make sure the food is PIPING HOT all the way through.  
It's delicious with green salad, peas or green beans.