



Lasagne - Serves 4

Ingredients:

You will need:
8 lasagne sheets

Cheese Sauce

- 50g plain flour
- 50g margarine
- 900ml (1 ½ pt) milk
- 50g half fat cheddar cheese

Bolognaise sauce

See bolognaise recipe

Method:

To make the cheese sauce:

1. Melt the butter in a pan, over a medium heat.
2. When it starts to bubble, add the flour to make a thick paste (roux).
3. Slowly whisk in the milk, stirring all the time until you have a thick sauce, and stir in the cheese.

To make the lasagne

1. Preheat the oven to 190°C/Gas Mark 5.
2. To assemble the lasagne, spoon one third of the meat sauce into an ovenproof dish with one third of the white sauce
3. Then lay two- three pieces of the lasagne sheets on top so that they just cover the sauce.

4. Spoon another third of the meat sauce and a third of the white sauce on top and repeat with sheets of lasagne. Spoon the remaining meat sauce, another two - three sheets of lasagne and the remaining white sauce on top. Sprinkle the top with any remaining cheese
5. Place the dish in the preheated oven for 30-35 minutes
6. Serve with salad or your choice of vegetables.

Did you know ?

Red meat is a great source of important source of nutrients for you and your family.

It is the best dietary source of easily absorbable iron and an excellent source of protein, B vitamins and other minerals.

Other good sources of iron include fortified whole grain breakfast cereals and breads, lentils, and beans.

Pasta is made from flour, water, salt and sometimes egg. It is a good source of carbohydrate. Carbohydrates give us energy.

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