



# UCCOOK

## Rustic Beef Lasagne Bake

with a fresh salad & piquanté peppers

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Paul Cluver | Village Pinot Noir

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 625kJ    | 4355kJ      |
| Energy             | 150kcal  | 11042kcal   |
| Protein            | 7.6g     | 52.7g       |
| Carbs              | 12g      | 87g         |
| of which sugars    | 3.7g     | 25.5g       |
| Fibre              | 1.6g     | 11.2g       |
| Fat                | 7.3g     | 50.8g       |
| of which saturated | 2.7g     | 18.8g       |
| Sodium             | 209mg    | 1453mg      |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                       |
|----------|------------|---------------------------------------------------------------------------------------|
| 30g      | 40g        | Pumpkin Seeds                                                                         |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>                                        |
| 450g     | 600g       | Beef Mince                                                                            |
| 37,5ml   | 50ml       | Spice Blend<br><i>(30ml [40ml] NOMU Moroccan Rub &amp; 7,5ml [10ml] Fennel Seeds)</i> |
| 90ml     | 125ml      | Pesto Princess Harissa Paste                                                          |
| 300g     | 400g       | Cooked Chopped Tomato                                                                 |
| 12       | 16         | Lasagne Sheets                                                                        |
| 60ml     | 80ml       | Cake Flour                                                                            |
| 300ml    | 400ml      | Low Fat UHT Milk                                                                      |
| 120g     | 160g       | Mozzarella Cheese<br><i>grate</i>                                                     |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                      |
| 60g      | 80g        | Piquanté Peppers<br><i>drain</i>                                                      |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Tea Towel  
Butter  
Seasoning (salt & pepper)

**1. MMMOROCCAN MINCE** Preheat the oven to 200°C. Bring a pot of salted water to the boil. Return the pan to medium heat. Fry the onion until it turns golden, 4-5 minutes. Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the Moroccan spice and the harissa paste. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 450ml [600ml] of water. Simmer until thickened, 12-15 minutes. Remove from the heat, add a sweetener (to taste), and season.

**2. CRUNCHY SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PREP STEP** When the pot of salted water is boiling, add the lasagne sheets - 4 sheets at a time. Cook until al dente, 6-8 minutes (shifting occasionally). Remove from the pot and immediately place in a bowl of cold water. Once cooled, drain on a clean tea towel in a single layer. Cut the lasagne layers into thick ribbons and toss through a drizzle of olive oil. Reserve the pasta water.

**4. BEGIN THE BECHAMEL** Place a pot over medium heat with 60g [80g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out until lightly golden, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens. If the béchamel is too thick for your liking, add the reserved pasta water until a saucy consistency. Remove from the heat and season.

**5. LAYER THE LASAGNE** If your pan is not oven-proof, transfer the saucy mince to a baking dish. Dollop ¾ of the béchamel sauce over the mince and mix it slightly, creating a marble effect. Gently mix the lasagne ribbons through the saucy mince. Top with the remaining bechamel sauce and cheese. Bake in the hot oven until the cheese is melted, 10-12 minutes.

**6. SIMPLE SALAD** In a bowl, combine the salad leaves, the peppers, ½ the pumpkin seeds, and a drizzle of olive oil. Season and set aside.

**7. LIP-SMACKING LASAGNA** Dish up a heaping helping of the cheesy harissa beef lasagna alongside the fresh salad. Garnish with the remaining seeds. Tuck in, Chef!