



Eat Within 3 Days

UCCOOK

Classic Beef Lasagne

with a drizzle of basil pesto

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	688kJ	4998kJ
Energy	164kcal	1195kcal
Protein	8.4g	60.8g
Carbs	12g	88g
of which sugars	3.2g	23.5g
Fibre	1.3g	9.8g
Fat	8.6g	62.8g
of which saturated	3.5g	25.4g
Sodium	140mg	1017mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
150g	300g	Beef Mince
10ml	20ml	NOMU Italian Rub
1	1	Garlic Clove <i>peel & grate</i>
30ml	60ml	Tomato Paste
30ml	60ml	Red Wine
100ml	200ml	Tomato Passata
75g	150g	Lasagne
20ml	40ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
60g	120g	Cheddar Cheese
20ml	40ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. MMMINCE Preheat the oven to 180°C. Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until lightly golden, 4-5 minutes. Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, garlic, and tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Mix in the wine, tomato passata and 150ml [300ml] of water. Simmer until thickened, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and season.

2. BEGIN THE BECHAMEL Place a pot over medium heat with 20g [40g] 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 water until a saucy consistency. Remove from the heat and season.

3. LAYER THE LASAGNE Spread a thin layer of the saucy mince on the bottom of the oven-proof dish. Add a layer of lasagne sheets, followed by béchamel sauce and a sprinkle of cheese. Repeat the layers in this order, finishing with a layer of béchamel sauce and cheese on top.

4. BAKE Cover with foil and bake for 25 minutes. Remove the foil and continue to bake until golden and bubbling, 10-15 minutes.

5. TIME TO DINE Dish up the beef lasagne and top with dollops of the pesto. Dig in, Chef!