

UCOOK

Classic Lamb Lasagne

with red wine

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	712kJ	5175kJ
Energy	170kcal	1238kcal
Protein	9.9g	71.9g
Carbs	12g	89g
of which sugars	3.5g	25.2g
Fibre	1.3g	9.8g
Fat	8.8g	63.7g
of which saturated	3.7g	26.6g
Sodium	143mg	1040mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
1	1	Pesto Princess Basil Pesto
1	1	Cheddar Cheese
1	1	Low Fat UHT Milk
1	1	Cake Flour
1	1	Lasagne
1	1	Tomato Passata
1	1	Red Wine
1	1	Tomato Paste
1	1	Garlic Clove
1	1	NOMU Italian Rub
1	1	Onion
1	1	Free-range Lamb Mince

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, 6-7 minutes. Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the NOMU rub, garlic, and tomato paste. Fry until fragrant, 2-3 minutes (shifting constantly). Mix in the wine, tomato passata and 450ml [600ml] of water. Simmer until thickened, 12-15 minutes. Remove from the heat, add a sweetener (to taste), and season.

2. 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 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 sheet, 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 lamb lasagne and top with dollops of the pesto. Dig in, Chef!