



# QCOOK

## Classic Beef Lasagne

with a drizzle of basil pesto

**Hands-on Time:** 45 minutes

**Overall Time:** 65 minutes

**Fan Faves:** Serves 3 & 4

**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

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                |
|----------|------------|------------------------------------------------|
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i> |
| 450g     | 600g       | Beef Mince                                     |
| 30ml     | 40ml       | NOMU Italian Rub                               |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>       |
| 90ml     | 125ml      | Tomato Paste                                   |
| 90ml     | 125ml      | Red Wine                                       |
| 300ml    | 400ml      | Tomato Passata                                 |
| 225g     | 300g       | Lasagne                                        |
| 60ml     | 80ml       | Cake Flour                                     |
| 300ml    | 400ml      | Low Fat UHT Milk                               |
| 180g     | 240g       | Cheddar Cheese                                 |
| 60ml     | 80ml       | 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, 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 beef lasagne and top with dollops of the pesto. Dig in, Chef!