



UCOOK

Classic Beef Lasagne

with beef mince, béchamel sauce & fresh basil

A lasagne to trump all others! You can't beat the classics: lasagne sheets are layered with tomato passata, rich beef mince and a creamy béchamel sauce. Topped with plenty of cheese for melting purposes and sprinkled with fresh basil, this dish is a classic for a reason!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

450g	Free-range Beef Mince
3	Garlic Cloves <i>peeled & grated</i>
15ml	NOMU Italian Rub
375ml	Tomato Passata
125ml	Cake Flour
375ml	Fresh Milk
375g	Lasagne Sheets
240g	Grated Mozzarella & Cheddar Cheese Mix
120g	Salad Leaves <i>rinsed</i>
30ml	Red Wine Vinegar
8g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. MINCE MAYHEM Preheat the oven to 200°C. Place a nonstick pan over a high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned, shifting occasionally. Add the grated garlic and the rub and fry for 1 minute until fragrant, shifting constantly. Pour in the passata and cook for 2-5 minutes or until slightly reduced and thickened, stirring occasionally. Remove from the pan on completion. Season to taste.

2. QUICK BÉCHAMEL Return the pan, wiped down if necessary, to a medium heat with 80g of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Remove from the heat on completion and season to taste.

3. ALL TOGETHER Place a ⅓ of the saucy mince in the bottom of an ovenproof dish. Top with ⅓ of the lasagne sheets and ⅓ of the béchamel sauce. Repeat with the remaining mince, lasagne sheets and béchamel to create two more layers. Sprinkle over the grated cheese and bake in the hot oven for 12-15 minutes until the lasagne is bubbling and the cheese is starting to brown.

4. SALAD GREENS In a bowl, toss the rinsed salad leaves with the red wine vinegar, a drizzle of oil, and some seasoning.

5. A FEAST! Serve up a generous helping of the lavish lasagne. Sprinkle over the torn basil. Serve the dressed green leaves on the side – the way the Italians do!

6. IN CASE YOU MISSED IT... UCOOK has a delicious range of frozen meals, including a Lasagne alla Bolognese. If you haven't already, give it a try!

Nutritional Information

Per 100g

Energy	762kJ
Energy	182Kcal
Protein	9.8g
Carbs	16g
of which sugars	2.4g
Fibre	1.2g
Fat	8.4g
of which saturated	3.7g
Sodium	137mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days