

Lasagne, Salad, Garlic Bread

Ingredients

- 250g minced beef
 - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 tin chopped tomatoes
 - 500ml beef stock
- 2 tbsp Worcestershire sauce
 - Lasagne sheets
 - 250ml white sauce
 - 200g grated cheese

For the white sauce:

- 15g butter
- 15g plain flour
- 250ml milk
- Salt and pepper
- 1 tbsp English mustard

Methods

1. Fry the minced beef and onions until the beef is browned.
2. Add the minced garlic and fry for an additional 2 minutes.
3. Stir in the lentils, mixing well.
4. Add the chopped tomatoes and beef stock, then bring to a boil. Simmer gently, stirring occasionally for 20 minutes. If the mixture becomes too dry, add some more water.
5. Layer the minced mixture, lasagne sheets, and white sauce in a baking dish. Top with grated cheese.
6. Cook in the oven at GM 6 (200°C) for 25-30 minutes.
7. Cook the garlic bread in the oven for 10 minutes.
8. Serve the lasagne with the garlic bread and salad.

Let's make the white sauce:

1. Put the butter into a saucepan and melt it over a gentle heat.
2. Add in the flour and stir, allowing the mixture to cook out until it has turned a straw-like colour.
3. Gradually add in the milk, whisking between each addition.
4. Season with salt and pepper and stir in the English mustard.
5. Add the salt and pepper and mustard.
6. Keep whisking until it comes to a boil.
7. Reduce heat and simmer, stirring occasionally until the mixture has thickened.