



Lasagne Bolognese

Serves 6-- Ingredients

1lb miced beef
1 chopped onion
1 clove of garlic(minced)
1 can chopped tomatoes
1 can tomato paste
1 tsp dried oregano
1 tsp basil
Salt and Peppar
Half tsp fennel seeds (optional)

Fry beef, drain off fat. Add onions and garlic, cook for a further few mins. Add Tomatoes, Paste, Herbs, Salt and Peppar and simmer for 30 mins

For White sauce

2 oz margarine
2oz flour
1 pint milk

Melt marg, add flour and cook for 2 mins. Gradually add milk, stirring all the time, Simmer for a few mins

For Lasagne

Check if Lasagne has to be pre-cooked, packet is fine
8 oz Grated Mozzarella
8 oz grated parmesan

Layer Meat Sauce, Lasagne sheets, meat sauce, Lasagne meat sauce Lasagne, White Sauce and cheese.

Bake 200 degrees for 30 mins approx. Check with knife that pasta is cooked. Let it Sit for 10 mins before serving

Istead of meat you can use Minced Turket/ Chicken and Spinach/Vegetables/Seafood