

ZOE'S CHEESY LASAGNA

*serves 6 - 8

Ingredients

500g beef mince (lean or regular)	Big handful chopped fresh (or dried) oregano
1 large onion, diced	Plain flour & butter (for cheese sauce)
3-4 cloves garlic, finely diced	2 cups milk
400g carrot, finely chopped	350g grated cheese
400g mushrooms	1 packet instant or fresh lasagne sheets
800g tinned tomatoes	Extra virgin olive oil

Method

Step 1: Turn oven to 180°C. Heat 4 tbsls olive oil in large cooking pot, add the onion and cook for 3-4 minutes, then add the garlic and oregano and cook further minute before adding the mince. Allow mince to cook for 8-10 minutes on medium heat until nicely browning, add as much salt as you like to taste. Add the carrots and mushrooms and leave cooking on medium heat for another 10 minutes or so, before adding the tomato, leave to cook for 30 minutes to an hour. You can also add a splash or so of red wine vinegar or red wine to add flavour to the sauce to your liking.

Step 2: To make cheese sauce, melt 30g butter in a small saucepan over a medium heat. Add 2 tbsls flour and cook for 1 minute, stirring constantly. Remove from heat and gradually add milk, stirring until you have a smooth consistency. Return to heat and cook for about 5 minutes, stirring continually until just before sauce boils. Reduce heat and stir until sauce thickens, add 250g grated cheese and stir until smooth.

Step 3: Cover bottom of an oven-proof baking dish with 1/3 of the meat sauce. Add a layer of lasagne sheets and spread 1/4 of the cheese sauce over evenly. Keep adding the meat sauce, lasagne sheets and cheese sauce until all the meat sauce is used (you should have 3 layers). Sprinkle top layer with the remaining cheese and bake for 30-40 minutes or until golden brown. Serve with a side of green veg or salad & **ENJOY!**

