

BEEF AND ROASTED VEG LASAGNA

*serves 6 - 8

Ingredients

6 cloves garlic, finely diced
500g mince beef
1 red onion, diced
2 red capsicum
2 medium zucchinis
½ butternut pumpkin, peeled
700g jar of tomato passata

Big handful chopped fresh (or dried) oregano
Splash red wine or Balsamic vinegar
Plain flour & butter (for cheese sauce)
2 cups milk
250g grated cheese
350g packet instant lasagna sheets
Extra virgin olive oil

Method

Step 1: Turn oven to 250°C. Slice capsicums into long pieces about 3-4cm wide, discard seeds and excess white pith. Cut zucchinis in half across ways and then slice into 5-6 mm thick strips. Cut pumpkin into <1cm thick pieces. Lay all veggies on foiled oven trays, drizzle with a good amount of olive oil and add as much salt and pepper as you like to taste. Bake in oven until soft, remove veggies from oven and reduce heat to 180°C.

Step 2: Heat 3 tbsls olive oil in a large frying pan, cook onion for ~5 mins, add the mince and cook for another 5 mins before adding garlic, herbs and salt and pepper to taste. Now add the of passata and leave to cook on medium-low heat.

Step 3: To make cheese sauce, melt 50g butter in a small/medium saucepan over a medium heat. Add 2 heaped tbsls flour and cook for 1 minute, stirring constantly (it should be a thickish paste). Reduce heat and gradually add milk, stirring after each addition to ensure a smooth consistency. I usually take it off the heat every so often to avoid heating too fast. Once all the milk is added, increase the heat and cook for about 3-5 minutes, stirring continually until just before sauce boils. Reduce heat again and stir until sauce thickens, add most of the grated cheese (keep enough to sprinkle on top) and stir until smooth.

Step 4: Cover the bottom of your lasagna dish with a layer of pasta, then ½ the meat sauce, ½ of the baked veggies and then 1/3 of the cheese sauce. Repeat the process – pasta, meat sauce, veggies, cheese sauce - finishing with an extra layer of the pasta and the remaining cheese sauce. Sprinkle with the remaining grated cheese and bake for 30-40 minutes or until golden brown. Serve on its own or with a salad & **ENJOY!**

