

LASAGNE

Set oven to 180° C

Cook sauce in a pot with lid to retain liquid

140g uncooked Egg Lasagne

MEAT SAUCE:

Fry the following in 10ml Olive Oil till tender:

1 large Onion (diced)

1 Green or Red Pepper (diced)

1 clove Garlic (crushed)

Stir in: 1 x 400g can chopped peeled Tomatoes

40g Tomato Paste

10ml Brown Sugar

5ml Oreganum

5ml Basil

80ml White Wine

2ml Marmite

Salt, Black Pepper & Cayenne Pepper to taste

Bring to the boil then simmer with lid on

WHITE SAUCE:

(Can be made in the microwave)

Melt 60g Butter and add in 60g Flour. Mix to a paste.

Slowly add in 600ml Milk stirring constantly. Microwave on medium high, stirring every 40 seconds. Cook until thickened.

In an ovenproof glass dish (with lid), arrange layers of meat, lasagne, white sauce, lasagne.

Keep repeating this order ending with white sauce.

Sprinkle with 60g grated Cheddar Cheese

and 60g grated Mozzarella.

Bake with lid on for 30 mins, then grill with lid off to brown the top.

Serve with salad.

