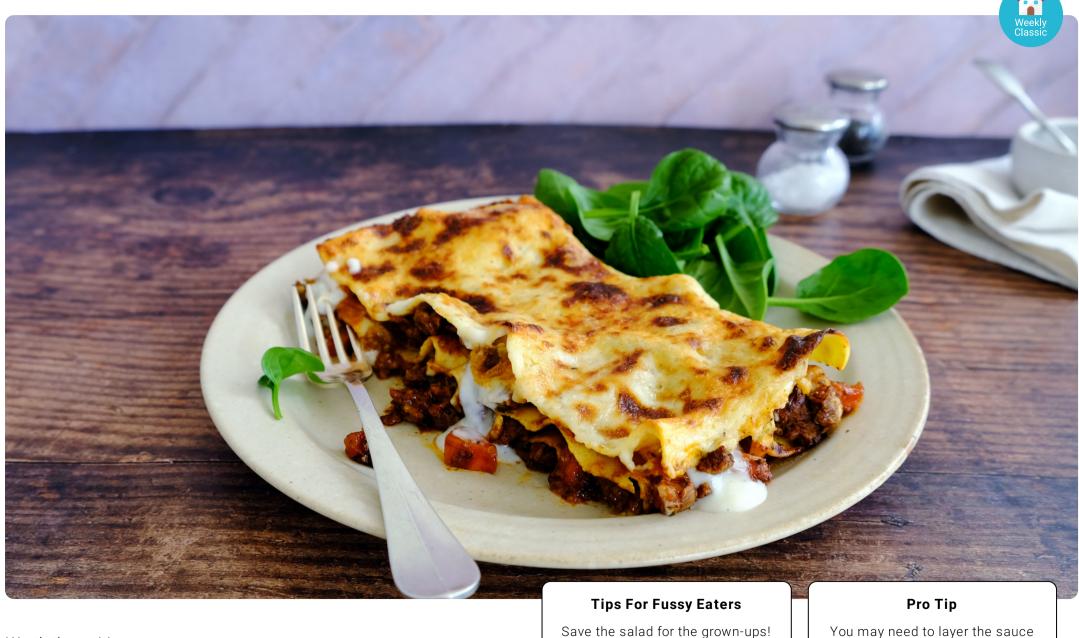
Classic Beef Lasagna

with Spinach Side Salad



Worth the wait!

Cooking Time: 50 min

Cals 932 | Prot 34 | Carbs 142 | Fat 26

You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.

Ingredients For 2 For 3 For 4 **Bolognese** 525 Beef mince 350 700 Grams 2 Red onion 2 Pieces Carrot 2 2 Pieces 2 2 Olive oil Tbsp Garlic paste 10 15 20 Grams Salt 0.5 0.5 1 Tsp 2 4 Dried oregano 4 Grams 70 Tomato paste 70 140 Grams Tomato passata 200 400 400 Grams 15 15 30 Grams Honey Worcestershire sauce 22 15 30 Grams Black pepper 0.5 1 Tsp Beef stock cube 0.5 Pieces 200 400 Water 200 MI Béchamel Salted butter 20 50 50 Grams Plain flour 10 20 20 Grams ML Whole milk 200 400 400 Grana padano 60 60 120 Grams 6 9 12 Lasagna sheets Pieces Salad Baby spinach 60 90 125 Grams Balsamic vinegar 15 22 30 MI 2 2 Olive oil Tbsp



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1 Prep

Preheat the oven to 200°C/ 180°C. Peel and finely chop the **onion**. Peel and finely chop (or grate!) the **carrot**.

2 Sweat

Heat a large pan over a medium-low heat with a drizzle of **olive oil**. Cook the **onion**, **carrot** and **garlic paste** with a pinch of **salt** for 7 min until soft. Add the **beef mince**, increase the heat to medium high and cook for 4 min further until brown and crispy.

3 Simmer

Add the oregano, tomato paste, tomato passata, honey, Worcestershire sauce, pepper, stock cube and water. Simmer for 5 min







4 Make Béchamel

Meanwhile, melt the **butter** in a saucepan over a medium heat. Add the **flour** and stir until a sandy paste has formed. Gradually add the **milk** and whisk for 3-4 min until thickened. Add half the **grana padano** and season with **salt** and **pepper**.

5 Bake

Pour half of the **beef sauce** over the bottom of an oven-proof dish. Top with half of the **lasagna sheets** (see pro tip). Repeat. Cover with the **béchamel**, top with the remaining **grana padano** and bake for 25-30 min or until the pasta is cooked.

6 Prep salad

Meanwhile, wash the **spinach**. Whisk together the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** - this is your **dressing**. Serve the **lasagna** with the **spinach** salad to the side with the **dressing** drizzled over the top.