

Lasagne

Serves 4.

Ingredients

12ozs Lean mince
1 small diced large onion
1 small diced red pepper
1 small diced green pepper
1 very small diced carrot
4oz sliced mushrooms
2tspn tom puree
2 bay leaves
Water
Plain flour
1 large glass red wine
1 large tin chopped toms
2 crushed garlic cloves.
A half tspn each of dried parsley, thyme and oregano
8oz no pre cook lasagne sheets.
8oz cottage cheese.
8oz grated cheddar.
seasoning.
1 beef stock cube.

Method.

1. Preheat the oven to 180/gas4
2. Heat the oil in a large frying pan, add the garlic, mince, onion and carrot and fry till brown.
3. Add the red wine and reduce by two thirds.
4. Add the peppers, mushrooms, bay leaves and fry till soft.
5. Add the tom puree and fry for a further 5 mins, add a dessert spoon of flour and fry a further 5 mins.
6. Add about ½ pint of water, tomatoes, stock cube and herbs, simmer for about 30 mins.
7. Season.
8. Grease a baking dish and line the base with pasta.
9. Remove the bay leaves and cover the pasta with 1/3 of mince.
10. Place blobs of cottage cheese on top of the mince, about 1/3 of it.
11. Repeat the process 2 more times and cover with grated cheddar.
12. Bake in the oven for about 45/55mins.