

Simple Lasagna Recipe

Ingredients:

- **For the meat sauce:**
- 1 tablespoon olive oil
- 1 medium onion, finely chopped (about 150 g)
- 2 garlic cloves, minced
- 500 g ground beef or pork (or a mix) You also use Vegetarian/Vegan Mince.
- 400 g canned diced tomatoes
- 200 g tomato puree
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon sugar
- Salt and pepper to taste
- **For the béchamel sauce:**
- 50 g butter
- 50 g plain flour
- 500 ml milk
- Pinch of nutmeg
- Salt and pepper to taste

Assembly:

- 250 g lasagna sheets (no-boil or fresh)
- 150 g mozzarella cheese, grated
- 50g Parmesan cheese, grated

Instructions:

1. Make the Meat Sauce:

1. Heat olive oil in a large pan over medium heat.
2. Add the onion and garlic, cooking until softened (about 5 minutes).
3. Stir in the ground meat and cook until browned.
4. Add the diced tomatoes, tomato puree, oregano, basil, sugar, salt, and pepper.
5. Simmer the sauce on low heat for 20 minutes, stirring occasionally.

2. Prepare the Béchamel Sauce:

1. Melt butter in a saucepan over medium heat.
2. Stir in the flour and cook for 1-2 minutes to form a paste (roux).

3. Gradually whisk in the milk, ensuring no lumps form.
4. Cook until the sauce thickens, stirring constantly.
5. Season with nutmeg, salt, and pepper.

3. Assemble the Lasagna:

1. Preheat your oven to 180°C (fan 160°C).
2. In a baking dish (roughly 30x20 cm), spread a thin layer of meat sauce on the bottom.
3. Layer lasagna sheets to cover the sauce.
4. Add another layer of meat sauce, then a layer of béchamel sauce. Repeat layers until all ingredients are used, finishing with béchamel sauce on top.
5. Sprinkle grated mozzarella and Parmesan cheese evenly over the top.

4. Bake:

1. Cover the dish with foil and bake for 25 minutes.
2. Remove the foil and bake for another 20 minutes until golden and bubbly.

5. Rest and Serve:

1. Let the lasagna rest for 10 minutes before cutting.
2. Serve and enjoy!