

 **Preparation:** 25–30 mins  
**Cooking:** 1–1½ hrs

 **Serves:** 4

 **Difficulty:** easy



# Best-ever beef lasagne

This ultimate beef lasagne is a classic Italian-inspired favourite, loved for its layers of rich, hearty flavours. Whether you're feeding the family or prepping meals for a busy week, this recipe is simple to make ahead or batch-cook and freeze.\* Perfect for anyone wanting to enjoy healthy, homemade food without the stress of cooking from scratch on the day.

## INGREDIENTS

### For the sugo:

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 3 garlic cloves, finely chopped
- 500g prime minced beef
- 250g chestnut mushrooms, sliced
- 50ml soy sauce
- 50ml Worcestershire sauce
- 1 tsp dried oregano
- ¼ tsp dried thyme
- 1 tbsp balsamic vinegar
- 1 tsp sugar
- 2 x 400g tins of chopped tomatoes
- Salt and freshly ground black pepper, to taste

### For the béchamel:

- 50g butter
- 50g plain flour
- 600ml milk
- ¼ tsp nutmeg
- 100g Parmesan cheese, grated
- Salt and freshly ground black pepper, to taste

### For the layers:

- 200g lasagne sheets
- 125g fresh mozzarella cheese, shredded

## RECIPE

1. **Start with the sugo:** Warm the olive oil in a large saucepan over a medium heat.
2. Sauté the onion until translucent (about 2–3 minutes), then add the garlic and fry for another minute.
3. Add the minced beef and fry until browned, breaking it up with a spoon as it cooks.
4. Stir in the mushrooms and sprinkle with salt. Cook for about 5 minutes until the mushrooms are soft.
5. Add the soy sauce, Worcestershire sauce, oregano, thyme and balsamic vinegar. Cook for about 2 minutes.
6. Stir in the sugar and chopped tomatoes. Season with salt and pepper to taste.
7. Reduce the heat and simmer gently for 30–40 minutes, stirring occasionally, until the sauce thickens.

1. **Prepare the béchamel sauce:** Preheat your oven to 200°C/180°C fan/gas 6.
2. In a medium saucepan, melt the butter over a low heat.
3. Stir in the flour to form a smooth paste (roux).
4. Gradually add the milk, whisking constantly to avoid lumps. Cook over a medium heat until the sauce thickens.
5. Stir in the nutmeg and Parmesan cheese. Season with a pinch of salt and some pepper.

1. **Assemble the lasagne:** Spread a thin layer of meat sauce at the bottom of a baking dish. Cover with a layer of lasagne sheets, followed by a layer of béchamel sauce.
2. Repeat the layers, finishing with a generous covering of béchamel sauce. Sprinkle the shredded mozzarella over the top.
3. Place the dish in the oven and bake for 30–40 minutes, or until golden and bubbling.
4. Let the lasagne rest for 5–10 minutes before serving.

Serve with a side salad and, if you really want to go all out, some freshly prepared garlic bread.

\* Must be completely cooled before freezing. Consume within 3 months.

