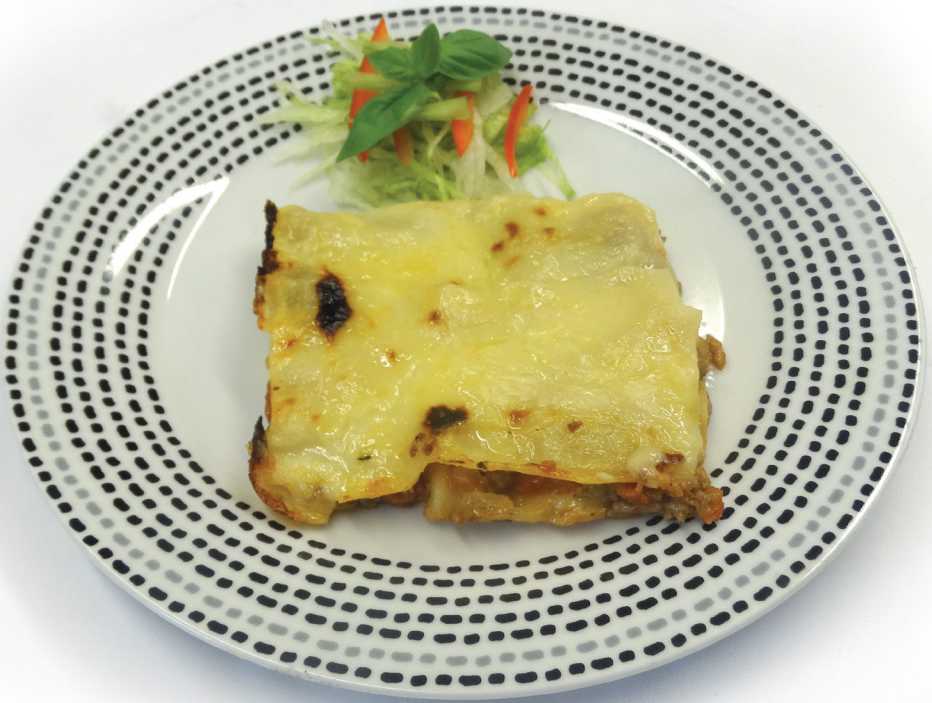




Ingredients

Meat sauce

200g minced beef
60g onion, chopped
2 garlic cloves, finely sliced
150ml tinned chopped tomatoes
300ml water
½ tsp low salt stock powder (½ cube)
Pinch each of cinnamon, oregano and basil

Creamy sauce

25g unsalted butter
40g plain flour
50g strong cheddar cheese
250ml renal milk substitute
Pinch nutmeg
1 tbsp. Olive oil
6-8 sheets of dried lasagne

Family Lasagne

Method

1. Preheat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Heat the oil and fry the onions and garlic until soft, then add the meat and cook until browned.
3. Add the tomatoes, water, stock powder, herbs and spices, and simmer over a low heat until most of the liquid has evaporated.
4. In a separate saucepan, melt the butter. Once melted add the flour and whisk together to make a smooth paste.
5. Slowly add the renal milk substitute to the paste, whisking constantly, then add the nutmeg and 35g of the cheese.
6. Oil an oven-proof dish and add a layer of the meat mix to the bottom, followed by a layer of pasta sheets. Cover these with some of the cheesy sauce. Repeat this process until you have used up all of the meat mixture.
7. Finish with a final layer of the cheesy sauce then cover with foil and bake at 180°C/160°C Fan/350°F/Gas 4 for 30 minutes.
8. Remove from the oven after 30 minutes, remove the foil and grate the remaining cheese over the top. Then return to the oven for a further 10-15 minutes and serve.

Serves
4

