

Easy lasagne

Serves: 6

Time

Preparation time 10 minutes

Cooking time 45 minutes

Ingredients

- 1 teaspoon sunflower oil
- 1 onion, peeled and finely chopped
- 2 garlic cloves, peeled and crushed
- 750g extra lean minced steak
- 2 x 400g tins chopped tomatoes
- 2 low-salt beef stock cubes
- small handful chopped fresh basil (or 1 teaspoon dried)
- black pepper
- 12 wholemeal lasagne sheets
- 200g low-fat fromage frais
- 3 eggs
- 100g low-fat mozzarella cheese

To serve

- green salad



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Method

1. Preheat oven to 180°C or gas mark 4.
2. To make the sauce, heat the oil in a large heavy based saucepan over a moderate heat and gently fry the onion and garlic until golden.
3. Add minced steak to the saucepan and stir continuously to break it up while the meat browns (about 5 minutes).
4. Add chopped tomatoes and 2 crumbled stock cubes and bring the sauce to the boil.
5. Stir in chopped fresh basil and a good pinch of black pepper.
6. Reduce the temperature to moderate and simmer for 5 minutes.
7. When the sauce is ready, spoon a layer into the bottom of a shallow ovenproof lasagne dish and lay 4 lasagne sheets on top. Repeat twice until the dish is filled.
8. Whisk the fromage frais, eggs and a good pinch of black pepper together and pour over the top of the lasagne, sprinkle with grated mozzarella and cook in the hot oven for approximately 30 minutes until golden and bubbling.
9. Serve with a green salad.