

# BBC Easiest Ever Lasagne

## Ingredients

- 500g good quality lean minced beef
- 500 / 600g white mushrooms
- 300-350g roasted vegetable sauce
- Tomato ketchup
- One large egg
  
- 285ml carton double cream
- 175g extra-mature cheddar
- 3 layers / sheets of fresh lasagna
  
- Two garlic cloves
- Two tsp dried oregano
- Half a whole nutmeg

The ingredients are from the BBC recipe which is for six people – expect to freeze half of it.

## Utensils

- Large frying pan (the giant one with a lid)
- Large oven proof dish (28-30cm x 22-23cm and 7.5cm deep)
- Dish for softening lasagna
- Large mixing bowl (for cheese sauce)
- Green plastic bowl (for fried mince)
- Large plastic chopping board
- Garlic crushers
- Regular cheese grate
- Fine cheese grate (for nutmeg)
- Scales (for cheese)
- Food mixer (for cheese sauce)

## Preparation

1. Slice 500g mushrooms on large plastic chopping board
2. Crush two garlic cloves and put on side plate
3. Grate 175g cheddar cheese into scales

## Mince

1. Heat the large frying pan until hot with one tablespoon of vegetable oil. Add half the mince and fry it over a medium heat for 4-5 minutes until browned
2. Put the browned mince into a bowl
3. Add one tablespoon of vegetable oil, then tip the remaining mince into the pan and add the garlic and oregano. Fry it as you did with the previous batch
4. Return all the mince to the pan and mix it together

## Meat Sauce

1. Tip in the mushrooms and roasted vegetable sauce put in three squirts of ketchup
2. Season with black pepper and salt. Stir well to mix everything together
3. Turn the heat up and bring to the boil, then turn it down so it bubbles gently
4. Cover the pan and cook for 30-35 minutes, stirring every 10 minutes to mix everything together

## Cheese Sauce

1. Break the egg into a large bowl and beat it with a fork
2. Pour the cream into the bowl, then add about two thirds of the cheese. Season with a good grinding of black pepper
3. Beat well with food mixer until smooth.

## Lasagne

1. Lay the lasagne pasta sheets in a dish and cover with boiling water, leave for five minutes
2. Take ovenproof dish and spread three table spoons of meat sauce over the bottom
3. Cover with a sheet of lasagne
4. Drizzle three table spoons of the cheese sauce
5. Spoon over half the remaining meat sauce and spread it right out
6. Cover with a sheet of lasagne
7. Spoon over the remaining meat sauce, spreading it out evenly and almost to the edges
8. Cover with final (third layer) sheet of lasagne

## Final Twist

1. Pour what's left of the cheese sauce over the top. Ensure the sauce runs to the edges and squelch the corners of the pasta into the sauce so there's none poking up
2. Spread the rest of the grated cheese evenly all over
3. Grate over about half a teaspoon of nutmeg (half a nutmeg)

## Bake

1. Turn the oven on to 180C/fan 160C
2. Bake in the oven for 30 minutes or until bubbling and golden
3. Serve with a salad or garlic bread

3 layers in total

<http://www.bbcgoodfood.com/recipes/3280/easiest-ever-lasagne>