



Lasagne al Forno



Ingredients (10 servings)

Amount	Measure	Name
200	g	Onions chopped
150	g	Carrots diced
500	ml	KNORR GARDE D'OR Bechamel Sauce
30	ml	Oil, Sunflower
1	kg	Beef, minced
400	g	Tomatoes, canned
700	ml	KNORR Collezione Italiana Bolognese
282	g	KNORR COLLEZIONE ITALIANA Lasagne Ribbon 282g = 6 sheets
100	g	Cheese, Cheddar

Preparation

Advanced Preparation

Pre-heat oven to 180°C / 350°C / gas mark 4. Warm serving dishes.

Prepare the onions and carrots as per ingredient list.

Method

1. Place the oil into a suitable pan and bring to a medium to high heat. Add onions, carrots and beef and cook for 5 minutes until beef is golden.



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2. Decant the bolognese sauce and tomatoes in to the pan, cover and leave to simmer for 15 minutes until the beef is tender. Decant the Béchamel sauce in to a heavy bottomed sauce pan and place over a medium heat, bring to the boil, cover, set aside and keep hot until required for use.
3. Cover the base of a suitable dish with a third of the béchamel and a layer of the lasagne sheets then a layer of the mince then lasagne, mince and finish with lasagne. Top the lasagne with the remaining béchamel and the grated cheese.
4. Place into a preheated oven and bake for 45 minutes or until the pasta is cooked and cheese is golden and bubbling.
5. Serve a portion of the lasagne in the centre of plate with a green salad and a slice of garlic bread.

Handy Hints

This recipe can be turned into a vegetarian dish by replacing the mince with roasted vegetables bound in the Bolognese sauce.

Nutrition

Added salt is not recommended but if used keep to a minimum. If using oil use unsaturated (olive or sunflower) and reduce the quantity used where possible. This helps to provide a nutritional balanced dish.

CCPs

Always wash your hands after handling raw protein or root vegetables

Minimum cooking core temperature to 75°C for thoroughly cooked

Minimum holding temperature 63°C

Reheated food core temperature 82°C

Probes should be cleaned and sanitised before each test using approved wipes

Leftover food for recovery should be, chilled rapidly, covered, labeled, refrigerated and used within 24 hours

Discard leftover food of over 2 hours hot holding