



GNOCCHI LASAGNE (DINNER)



4 servings



40 minutes

INGREDIENTS

500g lean mince of choice (I use 5% beef)
1 tin chopped tomatoes
500g passata (you can also use the left over pizza sauce)
1 diced white onion, 3 minced garlic cloves
2 diced celery sticks, 1 diced carrot, 1 diced courgette, 200g diced chestnut mushrooms
1 beef stock cube
500g fresh gnocchi
1/2 tsp oregano
1 tbsp tomato puree

For Béchamel:

15ml olive oil, 1 heaped tbsp flour, 400ml milk
80g mature cheddar, 20g parmesan, 1 tsp American mustard, 1/2 crumbled stock cube

DIRECTIONS

1. Set your oven to 200°C (fan setting).
2. In a large pan, season with salt & pepper and brown the mince over medium heat. Remove and set aside.
3. In the same pan add the finely diced vegetables and a pinch of salt, sweat until the vegetables are tender and any excess water has evaporated. You want the veggies to develop some colour.
4. Add the mince to the pan along with the chopped tomatoes, passata, beef stock cube, oregano, and tomato puree. Stir well to combine. Let this mixture simmer for a while to reduce and thicken.
5. In a separate saucepan, heat the olive oil over medium heat. Add the flour and stir continuously for a couple of minutes. Gradually whisk in the milk to avoid lumps. Keep stirring until the sauce thickens. Once thickened, remove from heat and stir in the cheeses and American mustard.
6. Add the fresh gnocchi to the beef ragu mixture, folding gently to combine.
7. Pour the gnocchi and ragu mixture into a baking dish. Smooth the top and then pour over the béchamel sauce, spreading it evenly. Sprinkle additional mature cheddar on top.
8. Place the dish in the preheated oven and bake for about 30 minutes, or until the top is golden and bubbling.
9. Let the gnocchi lasagne bake cool slightly before serving.

550kcal and 30g protein if using beef