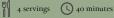




GNOCCHT LASAGNE (DINNER)





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
- i beef stock cube
- 500g fresh gnocchi
- 1/2 tsp oregano
- 1 tbsp tomato puree

For Béchamel: 15ml olive oil, 1 heaped thsp flour, 400ml milk

80g mature cheddar, 20g parmesan, 1 tsp American mustard, 1/2 crumbled stock cube

DIRECTIONS

- 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 bechamel 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