



DYSPHAGIA MEAT LASAGNE

METHOD

1. Place the oil in a large pan and add the diced onions and carrots, sauté for 3 minutes or until soft. Add the minced beef and cook until the meat is browned. Drain any excess fat or water from the pan.
2. Pour over the Homepride Bolognese Sauce, heat and then reduce the heat to simmer. Cover the pan and cook for 35-40 minutes on a low heat or until the meat is tender.
3. Place the bolognese into a food blender and purée until smooth. Check the consistency and add stock as needed to achieve the correct texture and consistency. Pass through a sieve and check against the descriptor, adjust as necessary.
4. Prepare the cheese sauce by heating half the milk with the breadcrumbs. Add the rest of the cold milk to the Batchelors Béchamel Mix and whisk to a smooth paste.
5. Add the paste to the hot milk and stir. Bring back to the boil and simmer for 2 minutes. Remove the pan from the heat and add the cheese.
6. To assemble the individual lasagnes, place 2 tbsp of the Bolognese into the bottom of each dish and pipe one tbsp of the pasta sauce. Repeat the layers and add any remaining bolognese finishing with the cheese sauce. Heat in the microwave or steamer until piping hot. Serve immediately