

Rich Beef & Eggplant Lasagne

vo

Lasagne never fails to please, and it’s pretty easy to whip up – if a little time-consuming. This version uses plenty of whole, fresh produce – say goodbye to dry, dusty pasta sheets and all that messing about making floury Béchamel sauce! Choose from one of our side salads (pages 158–187) to round out your meal (our top match is Tomato & Basil Salad, page 172).

Serves	4-5
Prep time	20 minutes
Cook time	40 minutes
Difficulty	●●●
Per serve	
Carbs	9.4 g
Protein	34.1 g
Fat	52.6 g
Energy	652 Cal

INGREDIENTS

For the beef sauce:

- 1 tbsp olive oil
- 1–2 onions, diced
- 3 cloves garlic, finely chopped
- 1 tsp salt
- 500 g beef mince
- 400 g can chopped tomatoes
- ½ cup chicken or beef stock
- 2 tsp Italian dried herbs
- 1 tbsp tomato paste (optional)
- ¼ tsp ground black pepper

For the eggplant sheets:

- 1 large eggplant
- 3–4 tbsp olive oil

For the white sauce:

- 1 cup mascarpone (or cream cheese)
- 1 egg
- ½ tsp salt

To assemble:

- ½–1 cup grated cheese (Parmesan is ideal)

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper, and have a 25 cm x 25 cm baking dish ready.

Heat the oil in a thick-bottomed medium-sized pot over a medium heat. Add the onion, garlic and salt and cook, stirring occasionally, for 3–4 minutes until soft. Add the beef mince, increase the heat to high and continue cooking for 3–4 minutes, breaking up the mince with a wooden spoon as it cooks.

Add the tomatoes, stock, herbs, tomato paste (if using) and pepper, and bring up to the boil. Reduce the heat to low, cover and simmer for 20–25 minutes until the sauce has thickened and the mince is cooked.

While the beef sauce cooks, prepare the eggplant sheets. Slice the eggplant into rounds 5 mm thick. Place on the lined baking tray, drizzle with the oil and rub the oil over the eggplant rounds with your fingers. Season with salt and pepper and bake for 10–12 minutes until the eggplant is tender.

Meanwhile, make the white sauce. Place the mascarpone (or cream cheese), egg and salt in a bowl and whisk until well combined.

To assemble, spoon half of the beef sauce into the baking dish and top with half the eggplant slices. Repeat with remaining sauce and eggplant. Spoon the white sauce evenly over the top, sprinkle with the cheese and bake for 12–15 minutes until the lasagne is nicely browned on top and bubbling. Remove from the oven and let it stand for 5 minutes before serving.

To serve, scoop slices into bowls with your chosen side salad alongside.

VEGETARIAN OPTION

To replace the beef sauce:
1 recipe Lentil Bolognese
(page 120)

