



Nothing screams sinful, perfect indulgence than my perfect minced beef & mushroom lasagna!!!



Ingredients

For the white sauce (béchamel)

750 ml milk	3 bay leaves
1 teaspoon nutmeg	100g butter
Salt to taste	1/2 cup flour

For the meat & shroom filling

250 g button mushrooms	1 tablespoon of Curry
750g of minced beef	¼ teaspoon Chilli paste
1 large red onion, diced	1 tablespoon of Cumin
1 cup of dania stems, diced	½ tablespoon of smoked Paprika
1 bulb of garlic, minced	2 tablespoons of tomato paste
1/2 teaspoon of Turmeric	½ cup of water/stock

Other ingredients:

Lasagna sheets	250 g parmesan
500g mozzarella cheese	

Method

Begin by making the white sauce. Place the butter in your sufuria and melt it. Whisk in your flour and once creamy, pour in your milk while continuously mixing! Add the bay leaves, your nutmeg and mix those in. Let this simmer for 5-10 minutes, on low heat – while continually mixing- and once done, set aside.

Next work on the meat. Start by searing your minced beef. Once done, set aside. In another pan that has some oil and some salt, add your garlic, dania stems, finely chopped mushrooms, your garlic and sautee until fragrant and softened. Add your tomato paste, your spices, some hot water (or stock) then



let this simmer for about 5 minutes. Add the seared minced beef, mix in, give it another 5-10 minutes on the heat and we go ahead to layer.

For layering, you will need: the prepared white sauce, the cooked saucy minced beef, parboiled/soaked lasagna sheets and an unholy amount of parmesan & mozzarella. Layer: meat – sheets – meat – white sauce – cheeses – sheets – meat – white sauce – cheeses

Once layering is done, proceed to bake at 150c for 30 minutes (Your oven must have preheated at that same temp.). After that 30 min, remove the foil and let it bake for another 10 to allow the top to brown. Once done. Serve her up!



SERVE WITH: on it's own or with your fave side and deffo with your favorite drink

This recipe was brought to you by Kaluhi's Kitchen from: <https://www.kaluhiskitchen.com/wp-content/uploads/2020/11/MINCED-BEEF-MUSHROOM-LASAGNA.pdf>

Video: <https://www.instagram.com/p/CHP8a18BoXo/>