



Recipe Category / Pasta

Easy beef lasagna

30'
Hands on

40'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 20 g butter
- 20 g all-purpose flour
- 250 g milk, 3,5% fat
- salt
- pepper
- 8 lasagna
- 300 g ground beef, cooked in sauce, leftover
- 100 g mozzarella, grated
- thyme, to serve

Διατροφικός πίνακας

Nutrition information per portion

341 Calories (kcal)	16.0 Total Fat (g)	7.6 Saturated Fat (g)	31.0 Total Carbs (g)
17%	23%	38%	12%
4.7 Sugars (g)	19.0 Protein (g)	0.5 Fibre (g)	0.88 Sodium (g)
5%	38%	2%	15%

Method

For the bechamel sauce

- Melt the butter in a [pot](#) over medium heat.
- Add the flour and whisk until it absorbs the whole butter.
- Add the milk in batches, whisking constantly.
- Let the mixture come to a boil, season with salt and pepper, and remove the pot from the heat.

To assemble

- Preheat the oven to 180° C (350° F) set to fan.
- Grease an 18x18 cm [baking pan](#).
- Spread 2 tablespoons of the ground beef's sauce.
- Cover the bottom of the pan with 2 lasagna.
- Spread 1/3 of the cooked ground beef, ¼ of the bechamel sauce, ¼ of the mozzarella, and cover with 2 more lasagna.
- Follow the same process 2 more times. Spread the remaining ¼ of the bechamel sauce and the remaining mozzarella on top of the lasagna.
- Cover with aluminum foil and bake for 30 minutes.
- Remove the aluminum foil and bake for 10 more minutes until golden.
- Remove from the oven and allow 20 minutes for it to cool.
- Serve with finely chopped thyme.