



Braised Beef Lasagna

Ingredients

- 2 tbsp Vegetable oil
- 3 pieces Onions, finely chopped
- 600 g Sirloin beef, cut into cubes
- 3 Cloves Garlic, finely chopped
- 12 g Tomato Paste
- 4 cups Water
- 0.5 tsp Ground all spice
- 1 tsp Sage, dried and ground
- 1 tsp Dried rosemary
- 0.5 tsp Ginger powder
- 0.5 tsp Ground cinnamon
- 2 pieces bay leaves
- 2 cubes Maggi® Chicken Bouillon
- 1 Sachet MAGGI® Béchamel Mix
- 0.25 box Lasagna sheet
- 1 Medium carrot
- 2 pieces Tomato, diced
- 1 cup Parmesan cheese, grated
- 2 pieces Tomato, diced
- 2 pieces Diced Cucumber
- 5 Leafs Lettuce
- 3 tbsp Lemon juice
- 1 bunch Fresh mint

Instruction

1. Preheat oven to 175°C and position oven rack in middle position.
2. In a medium sauce pan, heat vegetable oil, add onions, beef, garlic and tomato paste and sauté together for 2-3 mins.
3. Add water, all of the spices and herbs and Maggi Chicken Bouillon® .Cover and allow to simmer for 1 hour until beef is fully cooked.
4. Remove beef and shred to small pieces, discard bay leaves and reserve sauce.
5. Meanwhile add milk and MAGGI® Béchamel Mix to a large saucepan. Bring to a boil with constant stirring and simmer for 2-3 mins or until the sauce thickens.
6. Add a few spoons of the bechamel sauce on the bottom of a baking dish, layer a row of lasagna sheets and add 1/3 of the carrots, tomatoes and shredded beef.Place another layer of lasagna sheets and repeat with the filling.
7. Pour remaining bechamel sauce over the lasagna sheets to cover the top. Sprinkle with Parmesan cheese and bake in a preheated oven for 30 mins or until golden on top.

Nutrition

Carbohydrates	25.42 g
Energy	348.43 kcal
Fats	16.84 g
Protein	24.15 g

90 Minutes

8 Servings