

Lasagne Toasties



Ingredients

Mince recipe

3 garlic cloves
2 onions
Drizzle olive oil
1kg beef/pork mince
1 beef/pork stock cube
2 tbsp oregano
1 tsp salt + pepper
2 tbsp paprika
Glug of red wine
2 carrots
200g mushrooms
50g peas

Bechamel sauce

Equal quantities of butter and
Flour
Milk
Salt + pepper
Dijon mustard (optional)
Grated cheese

8 slices of bread
25g butter
75g grated cheddar cheese

Equipment

Chopping board
Sharp chopping knife
Large casserole dish
Saucepan
Whisk
Cheese grater
Frying pan
Baking dish

Method

1. Preheat the oven to 180°C.
2. Start by preparing all the ingredients for the mince (as it will be easier, later on). Chop the onions, carrots, and mushrooms roughly into small pieces and leave on one side. Place them on one side. Put a large casserole dish over a medium-high heat, crush and finely chop the garlic, then add with the olive oil and chopped onions. Stir with slotted spoon until soft.
3. Meanwhile, in a separate frying pan drizzle olive oil and brown the mince on a high heat, whilst moving it with the slotted spoon, to stop it from sticking. Then add to the casserole pot. Alternatively, just add the mince without frying, and cook until it has browned, but it will have less flavour. Turn down heat to medium-low heat and add the stock cube, mix for a few minutes longer.

4. Once brown, lower the heat so it is simmering. Add the tinned tomatoes and stir until combined. Then add the oregano, salt, pepper and paprika. Continue mixing. If there is an open bottle of red wine, add a glug, and mix in and allow the alcohol to evaporate off. If the sauce is quite watery then allow to reduce slightly. Add the carrots, mushrooms, and peas. Put the lid on, slightly ajar, and allow to simmer for 30 minutes, stirring after 15-minutes.
5. Make a bechamel sauce: add equal quantities of butter and flour into a saucepan. Melt and stir to make a roux in a saucepan. Add milk and whisk consistently. Season with salt and pepper and add a spoon of Dijon mustard (optional). Add grated cheese until combined.
6. Next, butter both sides of each slice of bread. Place 2 heaped teaspoons of the mince into the centre of 4 of the bread slices, followed by 1 teaspoon of bechamel sauce. Place the cheese over the top so that it goes right to the edges. Leave about ¼ of the cheese aside. Then place the other 4 slices of bread on top.
7. If you have a toastie maker, then cook the sandwiches in there until the bread is golden brown in colour and the cheese has melted. If not, put ½ teaspoon of butter in the frying pan and place over a medium-high heat. Cook the sandwiches on both sides for about 1 minute. When turning, I recommend using the spatula on the bottom, with a fork on top, to stop the sandwiches from falling apart.
8. Place all 4 cooked sandwiches on the baking tray and sprinkle with the remaining cheese and place on the middle shelf of the oven for about 5 minutes.
9. Serve with fresh vegetables or a salad dressed with olive oil and lemon juice.