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| S3 | Beef Lasagne (lesson 1) |

**Success Criteria**

* Identify nutrients present in the ingredients used in this recipe and explain why these are important for teenagers
* Successfully make product in a safe and hygienic manner.

**Ingredients**

**Meat sauce**

2 x mushrooms

¼ green pepper

1/2 carrot

1/2 onion

100 ml tinned chopped tomatoes

15 ml tomato puree

2.5 ml mixed herbs

5 ml garlic powder

100 g beef mince

½ beef stock cube, dissolved in 100 ml boiling water

**Method**

1 **Meat sauce**. Prepare the following:

* Wipe/wash and slice the mushrooms.
* Wash and deseed the green pepper Cut into 5 mm x 5 mm pieces.
* Wash, peel and rewash the carrot. Cut into 3 mm x 3 mm x 3mm dice.
* Peel and finely dice the onion.
* Add the tinned tomatoes, tomato puree, mixed herbs, garlic powder and beef stock to the jug.

2 Brown the mince in the pan, then add the onion, carrots, peppers, and mushrooms.

3 Add the ingredients from the jug and bring to the boil.

4 Simmer for 15 minutes until the mince is cooked and the vegetables are tender. Taste and season as required.

5. Store meat sauce in a labelled foil tray and refrigerate for next lesson