

Baked Lasagne Cups



A new soon-to-be lunchbox favourite.

Ingredients

250 g lean beef mince

1/2 onion, diced

2 garlic cloves, crushed

1/3 carrot, grated

1/2 cup celery, grated

400 g canned tomato

1 packet fresh lasagna sheets, cut into roughly 10cm squares

1 cup mozzarella cheese, grated

extra virgin olive oil for cooking

Method:

1. In a fry pan over medium high heat, drizzle some olive oil and cook the beef mince for 8-9 minutes or until brown. Add the onion, garlic, carrots, celery and cook for a further 3-4 minutes

before adding the canned tomato and 1 cup of water. Bring to a boil and let it simmer for 10-15 minutes until the bolognese mix has slightly reduced. Take off heat, and set aside until ready to use.

2. Preheat the oven to 190C.
3. Spray a muffin tin with olive oil before laying lasagna sheets on the base. Layer with bolognese then a lasagna sheet before topping with more bolognese then cheese.
4. Bake in the oven for 10-15 minutes, or until the cheese has browned.