



BEEF & MUSHROOM LASAGNE

<https://www.mainland.co.nz/recipe/beef-mushroom-lasagne.html>



PREP TIME
70 MINS

COOKING TIME
50 MINS

SERVES
4

This wholesome take on a classic family favourite from Kelly Gibney is packed with vegetable goodness. Pasta is replaced by thinly sliced rounds of sweet potato, pureed cauliflower replaces the traditional béchamel sauce perfectly and a stretchy, golden top of Mainland Mozzarella will have everyone coming back for seconds.

Ingredients

Beef and Mushroom Ragu

- 1 brown onion – finely diced
- 4 garlic cloves – finely diced
- 1 large carrot – peeled and finely diced
- 600g beef mince
- 250g Portobello mushrooms – cut into small pieces
- 2 cups tomato passata or 2 x 400g tins chopped tomatoes
- 1 cup (185ml) liquid beef stock
- 1 teaspoon ground cumin
- 2 teaspoons dried Italian herbs

Cauliflower Sauce

- 1/2 brown onion – finely diced
- 1 large clove garlic – finely diced
- 1 medium head cauliflower – cut into florets
- 1 cup (250ml) vegetable stock
- 3 tablespoons olive oil

Base

- 2–3 medium orange kumara – sliced very thinly on a mandolin
- 3 cups Mainland grated Mozzarella to top
- Salt and cracked black pepper
- Oil for sautéing

Method

Beef & Mushroom Ragu Method

1. Heat a generous spoonful of oil in a sauté pan over a medium heat.
2. Add the onion, garlic and carrot. Cook gently until the onion is translucent.
3. Add the beef and mushrooms; and raise the heat to high. Cook, moving frequently, until well browned. Don't rush this stage. It will give a richer end result.
4. Add the tomato passata, stock, cumin and dried herbs.
5. Bring to a boil before reducing to a simmer for 60 minutes. You want this to be a much dryer result than a traditional Bolognese sauce as there won't be pasta in the lasagne to soak up excess liquid. Season generously.

Cauliflower sauce method

1. Heat a generous dollop of oil in another sauté pan (preferably one with a lid as you need to steam the cauliflower) over a medium heat. Add the onion and garlic. Cook gently until the onion is tender and translucent. Add the cauliflower and stock.
2. Place a lid on, turn heat to low and cook for 15–20 minutes until very soft.
3. Turn heat down if it starts to bubble over.
4. Place the cauliflower and stock into a blender (or use a stick blender).
5. Add the olive oil and a generous seasoning of salt and cracked black pepper. Puree until silky smooth.



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Method

To Assemble

1. Preheat oven to 180c.
2. Grease an ovenproof lasagne dish.
3. Place a layer of sweet potato slices (tiled tightly, slightly overlapping so there are no gaps) on the bottom. Top with half the Ragu.
4. Gently spread half the cauliflower sauce on top. Cover with another layer of tiled sweet potato slices.
5. Repeat the final layer of Ragu followed by cauliflower sauce.
6. Top with the final layer of sweet potato. Sprinkle with the Mainland mozzarella cheese.
7. Bake for 45–50 minutes until the sweet potato is golden and crispy.
8. Leave to stand for 15 -20 minutes before serving. This helps the layers settle so it will be easier to serve.

Pair with steamed green vegetables or a green salad.

Leftovers will last up to four days in an airtight container in the fridge.