

Lasagnes

durée totale **70 min.** 70 min. temps de préparation

Données nutritionnelles (par portion):
3661 kJ / 874 kcal

Matières grasses: **48,7 g** Protéines: **54 g**
Glucides: **48,4 g**

INGRÉDIENTS

4 portions

Pour le ragoût

- 500 g** de bœuf haché
 - 3 càs** d'huile d'olive
 - 1** oignon
 - 400 g** d'épinards
 - 1** piment fort
 - 2 càs** de concentré de tomates
 - 0,5 càc** de marjolaine séchée
 - 0,5 càc** de cannelle en poudre
 - 1** gousse d'ail
 - 100 ml** de vin rouge
 - 2** feuilles de laurier
 - 6 càs** Sauce soja fermentation naturelle Kikkoman
 - 250 g** de feuilles de lasagnes fraîches
 - 200 g** de gouda râpé
- ### Pour la sauce béchamel
- 40 g** de beurre
 - 30 g** de farine de blé 405
 - 500 ml** de lait
 - 4 càs** Sauce soja fermentation naturelle Kikkoman
 - noix de muscade râpée

PRÉPARATION

Étape 1

Rinse and dry the spinach and chilli. Chop the spinach and chop the chilli very finely. Peel and finely chop the onions and garlic.

Étape 2

For the ragu Brown the minced beef in a large pot with 3 tbsp olive oil. Add the garlic, onions and tomato purée and sauté a little. Pour in the red wine and reduce the heat.

Étape 3

Add the spinach to the mince. Add the finely chopped chillies to the mince with 6 tbsp Kikkoman soy sauce, marjoram, cinnamon, and the two bay leaves. Tip: If you like it spicy, feel free to add the chilli seeds.

Étape 4

Cover the ragu and simmer for approx. 10 minutes before removing it from heat.

Étape 5

For the Béchamel sauce Melt the butter in a saucepan, stir in the flour and heat to cook out the flour. Now add the milk little by little, stirring constantly. Tip: The warmer the milk, the easier it will be.

Étape 6

Season everything with 4 tbsp Kikkoman soy sauce and a good helping of nutmeg.

Étape 7

Preheat the oven to 200°C.

Étape 8

Meanwhile, grease a lasagne dish with a little butter and cover the base with a single layer of lasagne sheets. Now alternate between layers of ragu, Béchamel, and pasta. Note that the final layer should be the Béchamel sauce.

Étape 9

Sprinkle everything with cheese and bake for approx. 25 minutes.