

# The BBQ Baker, Out of the Ord

## Beef and Vegetable Lasagne

### Ingredients:

#### *Meat Sauce*

- 1kg (4 star) beef mince
- 2 onions, sliced thinly
- 1 jar garden vegetable pasta sauce
- ½ jar arrabiata pasta sauce

#### *'Pasta' Layers*

- ½ bush squash, sliced thinly
- ¼ kent pumpkin, sliced thinly\*
- 2 eggplants, sliced thinly
- 3 red capsicum, sliced thinly

#### *Cheese Sauce*

- About 2 cups milk
- A knob of butter
- 3 large handfuls of grated cheddar cheese
- Some flour



### Method:

1. To cook meat sauce, place onions in a pan with a little oil, fry over high heat until soft. Add beef mince and cook until browned. Pour in both pasta sauces and reduce heat to simmer for 30 minutes or until the liquid has reduced to a thick consistency. Remove from heat until you're ready to assemble the lasagne.
2. While meat sauce is simmering slice all the vegetables, and grill on the BBQ until bendy and charred (see picture), allow to cool, then peel skin off the capsicum and cut the rind off the pumpkin.
3. For the cheese sauce, I find making more than you think you need is a good idea (hence the quantities being so vague- sorry!). I start by pouring the equivalent amount of milk (with respect to the amount of sauce I want) into a pot, adding the butter and turning on to a low heat. Then, add enough cheese so that buying that big bag wasn't a waste, thank me later... Once it's hot (don't let it boil) and the cheese has melted into the milk and butter, sprinkle some flour into the sauce until you get a nice thick sauce, using a whisk beat the cheese sauce until all the lumps are smooth.
4. Now, time to layer the lasagne I built mine as such: bush squash, meat sauce, cheese sauce, pumpkin, meat sauce, cheese sauce, eggplant, meat sauce, cheese sauce, capsicum, cheese sauce (3 layers of meat, 4 layers of cheese – with the top layer being the largest)
5. Then cover with foil and place in the stove at 180 degrees Celsius for 30 minutes
6. Remove foil and cook for another 30 minutes, serve – with a green salad or on its own.

### Notes:

- Pumpkin: leave the rind on – it keeps the pumpkin in one piece and you can cut off the rind once cooled.

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