KIKKOMAN

Spicy beef and spinach lasagne

Total time **70 mins** **70 mins** preparation time

Nutritional facts (per portion):
3,661 kJ / 874 kcal

Fat: **48.7 g** Protein: **54 g**
Carbohydrates: **48.4 g**

INGREDIENTS

4 portion(s)

For the beef ragu

500 g	minced beef
3 tbsp	olive oil
1	onion
400 g	spinach
1	chilli
2 tbsp	tomato purée
0.5 tsp	marjoram, dried
0.5 tsp	cinnamon, ground
1	garlic clove
100 ml	red wine
2	bay leaves
6 tbsp	Kikkoman Naturally Brewed Soy Sauce
250 g	fresh lasagne sheets
200 g	Gouda, grated

For the Béchamel sauce

40 g	butter
30 g	plain wheat flour
500 ml	milk
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
	nutmeg, grated

PREPARATION

Step 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.

Step 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.

Step 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.

Step 4

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

Step 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.

Step 6

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

Step 7

Preheat the oven to 200°C.

Step 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.

Step 9

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