



Meat Lasagna Recipe – Shopping List

Serves 4

	300g/10-11oz of minced/ground beef (or beef/pork mix)		Salt & pepper
	4 x 395g/14oz tins of plum tomatoes		Extra virgin olive oil
	20 fresh basil leaves		15-20 long sheets of packet lasagna (one 500g/17.5oz packet)
	1 glass of full-bodied red wine		2 balls of real mozzarella cheese (not 'buffalo')
	1 medium-sized onion (red or white)		65g/2-3oz parmesan cheese
	1 stick of celery		Optional: tomato paste/purée
	1 medium-sized carrot		Optional: 1 x 250g/8.8oz tub of Italian ricotta