

Scruffy Veg Lasagne (JO)

1 leek

1 litre milk

1tsp dried mint

2 tbsp plain flour

2 tsp English mustard

50g stale bread

160g cheddar

250g dried lasagne sheets

300g frozen peas

500g frozen broccoli

[illegible]

1. Chop leek lengthways and wash.

Chop green section finely and white bit more chunkily.

2. Fry in butter in wok. Add dried mint and s& p. Put lid on.

3. Add 2 heaped tsp of flour to the leek, 2 tsp mustard & 1 litre of milk slowly. Turn up the heat. Add salt & pepper.

4. Add peas & broccoli & lasagne sheets - snap in half and stir in.

5. Add half of cheddar to sauce.

6. Mix rest if cheese with breadcrumbs and scatter on top.

7. Put in oven for 20mins.