



sharon glass

## **CHICKEN LASAGNE**

**700g chicken thigh fillets or chicken breast fillets, cubed**  
**60ml olive oil**  
**5ml minced garlic**  
**1 small onion, diced**  
**2 carrots, diced**  
**2 sticks celery, diced**  
**2 tins chopped Italian tomatoes**  
**250ml tomato Passata (strained tomatoes)**  
**10ml dry oreganum**  
**5ml dry sweet basil**  
**coarse salt and black pepper**  
**sugar to taste**

**500g lasagne sheets, boiled until softened**

Drizzle a little olive oil over the chicken pieces. Season them with salt and pepper. Heat a large pot. Brown the chicken until golden. Remove and set aside.

In the same pot, heat some more olive oil and sauté the garlic with the onion, carrots and celery until softened, seasoning with salt and pepper. Place the chicken back into the pot with the tomatoes, Passata, oreganum and basil. Cover the pot with a lid and simmer for about 15 minutes until the chicken is softened and the sauce has thickened.

## **BECHAMEL SAUCE**

**90g butter or margarine**  
**90ml flour**  
**750ml milk, warmed**  
**pinch nutmeg**  
**coarse salt and black pepper**  
**breadcrumbs for sprinkling on top**

Melt the butter in a medium pot. Stir in the flour. Slowly whisk in the milk until it thickens. Then add the nutmeg, salt and pepper.

Spread some chicken mixture on the bottom of a sprayed ovenproof dish. Alternate the chicken with the lasagne sheets and the béchamel sauce layering in an ovenproof dish, and ending with the béchamel sauce. Sprinkle with breadcrumbs.

**Serves 8-10**