

PILCHARD LASAGNE ROLL-UP BAKE

Serves 4

INGREDIENTS

For the pilchard sauce:

- 1 tbsp oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 tin (400g) Lucky Star Pilchards in Tomato Sauce
- 1 tin (400g) chopped tomatoes
- Salt and pepper, to season
- 1 bunch fresh basil, torn into strips

For the white sauce:

- 50g butter
- 50g flour
- 2 cups milk
- 2 cups grated cheese

To assemble:

- 10 lasagne sheets

Serving suggestion:

- Leafy green salad

METHOD


1. Preheat the oven to 180°C and grease a medium square ovenproof dish.

For the pilchard sauce:

1. Heat oil in a large pan over a medium heat and add the onion and garlic. Cook until softened and lightly coloured, stirring regularly.
2. Drain and flake the pilchards with a fork. **Chefs Tip: You can debone the pilchards if preferred, although pilchard bones are safe to eat.*
3. Add the pilchards, the pilchard sauce and tinned chopped tomatoes. Season with salt and pepper and bring to the boil.
4. Reduce the heat to low and simmer for 10 minutes, or until the sauce has thickened and reduced, then stir through the basil and remove from the heat.

For the white sauce:

1. Melt the butter in pan over a medium-low heat, then mix in the flour and cook for 1-2 minutes.

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2. Stir in the milk a splash at a time until you have a smooth white sauce with no lumps.
 3. Bring to the boil, then simmer for a couple of minutes until thickened before removing from the heat. Stir through 1 cup of the grated cheese, then season to taste.



To assemble:

1. Fill a large dish with boiling water and place your lasagne sheets in the bowl for 3-4 minutes before draining. **Chef's Tip: Don't overcrowd the dish with too many lasagne sheets.*
 2. To assemble the lasagne roll-ups, spread a small amount of white sauce over each lasagne sheet, then spoon a little pilchard sauce into the centre and roll up neatly.
 3. Place the roll-ups in the ovenproof dish, seam-end down, then pour over the remaining white sauce.
 4. Sprinkle over the remaining grated cheese and bake in the oven for 30-35 minutes until golden brown and bubbling at the edges.
 5. Serve alongside a fresh green salad and ENJOY!
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