

Chicken and Ham Lasagne

(Skills – sauce making, poaching, baking)

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1. Put the chicken breasts in a medium saucepan **with the onion, and just enough water to cover**, (around 200ml). Put a lid on top and bring to a gentle simmer. Poach gently for **15 mins or until the chicken is just cooked**.
 2. Transfer the chicken to a board and **strain the liquid into a jug**.
 3. Melt the butter in a large non-stick saucepan over a medium heat. Stir in the **flour** with a wooden spoon and cook for about a minute.
 4. **Gradually add the milk, a little at a time**, stirring well between each addition to ensure the sauce stays smooth.
 5. Once all the milk has been added, **stir in the reserved cooking liquid** and continue cooking for a further 2-3 mins. Adjust the seasoning to taste. Heat oven to 200C/180C fan/gas 6.
 6. **Cut the chicken into small chunks** and stir into the saucepan.
 7. Add **the ham and spinach** and cook until the **spinach has wilted**.
 8. Spoon **a third** of the chicken mixture into the base of a 3-litre lasagne dish (about 26 x 18cm). Top with a third of the lasagne sheets.
 9. **Repeat the layers twice more**, ending with lasagne.
 10. **Scatter the cheese on top** and season with black pepper. Can be frozen at this stage (see below).
 11. **Bake for about 25 mins** or until the lasagne is tender, the topping is well browned and the filling hot.
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