

# Francesco's Mom's "Lean" Lasagna

## Ingredients:

70 gr (5 tbsp) butter  
60 gr (1/2 cup) flour  
1 lt (1 qt) milk  
40 gr (2 cups) basil leaves  
400 gr (4 cups) grated Parmigiano Reggiano  
1 tbsp olive oil  
1 tbsp chopped flat leaf parsley  
700 gr (1.5 l) shelled prawns  
a splash of white wine  
500 gr (18 oz) fresh lasagne sheets

## Prepare the basil béchamel sauce:

- in a pot melt the butter and remove from heat
  - add flour slowly and mix carefully (to avoid lumps)
  - add milk and bring back to the heat
  - cook on low heat until it becomes dense
  - salt to taste
  - finely chop the basil and add it to the béchamel sauce
  - add 3 tablespoons of parmigiano to the béchamel sauce (If too dense add a little bit of milk)
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- heat a tbsp of olive oil in a frying pan
  - cook prawns for 2 minutes with 1 garlic clove (whole), a tbsp of chopped parsley and a splash of white wine
  - bring a pot of water to boil and cook each lasagna sheet for 1 minute.
  - set the sheets to dry on clean kitchen towels.
  - assemble the lasagna in a 27x37cm (10x15in) casserole:
  - start with a thin layer of béchamel (to avoid the pasta sticking to the bottom)
  - continue with a layer of pasta (cut the sheets to fit the casserole)
  - add a layer of béchamel sauce
  - add a layer of prawn evenly spaced
  - add a layer of béchamel
  - continue in the same order until you finish all the ingredients and finish with a layer of parmigiano
  - cook in a ventilated oven at 180 c (350F) for 20-30 minutes until golden
  - let it rest 10 minutes before cutting and serving