

LASAGNA WITH ROASTED PEPPERS



4 persons / 561 kcal per person

Ingredients:

- 1 onion
- 1 tablespoon of olive oil
- 300 grams minced beef
- 500 ml passata strained tomatoes
- 180 grams roasted peppers (drained)
- 250 grams cool fresh lasagna sheets
- 125 grams of grated cheese
- 1 teaspoon dried thyme
- pepper and salt

Preparation:

Preheat the oven to 180 °C. Chop the onion finely. Heat oil in a frying pan and fry the onion for 1 minute. Add the minced meat and fry for 3 minutes until loose and brown. Pour the passata into the pan and heat for another 2 minutes. Add salt and pepper to taste. Drain the peppers, then cut into strips. Grease an oven dish and spoon a little meat sauce into it, cover with lasagna sheets. Spoon another layer of sauce on top and divide strips of pepper over it. Cover with lasagna sheets. Repeat until all lasagna sheets are gone. End with a layer of sauce and divide the remaining pepper strips and grated cheese over it. Sprinkle with

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the thyme and salt and pepper to taste. Bake the lasagna for 30 minutes until nicely browned and done.

Nutritional value per person:

Energy:	561 kcal
Protein:	31.3 grams
Carbohydrates:	47.1 grams
- including sugars:	10.4 grams
Fat:	26.3 grams
Fiber:	5.0 grams
Salt:	2.3 grams