

OPEN LASAGNE WITH BEEF CHIPOLATA, TOMATOES & ZUCCHINI

4 persons / 597 kcal per person

Ingredients:

- 300 grams of beef chipolata
- 2 medium onions
- 2 cloves of garlic
- 2 zucchini
- 400 grams of peeled canned tomatoes
- 250 ml cooking cream
- 250 grams of fresh lasagna all'uovo
- 7½ grams of fresh basil
- 50 grams of Parrano chips
- pepper and salt



Preparation:

Slice the sausages lengthwise with a sharp knife and remove the skin. Chop the onions and finely chop the garlic. Cut the zucchini into quarters lengthwise and cut into thin slices. Heat a frying pan without oil or butter and fry the sausage meat with the onion and garlic over medium heat for 5 minutes. While cooking, push the meat into smaller pieces with a wooden spoon. Add the zucchini and fry for 5 minutes. Add the peeled tomatoes and cream and simmer for 5 minutes over medium heat. Using a wooden spoon, push the tomatoes into smaller pieces and season the mix with pepper and salt if necessary. Meanwhile, cook the lasagna sheets in a large pan al dente in 4 minutes. Chop the basil coarsely. Place a layer of lasagna on each plate and spread some vegetable-meat mix over it. Make 2 layers like this on each plate. Cover with a lasagna sheet, spread the cheese on top and sprinkle with the basil.

Nutritional value per person:

Energy:	597 kcal
Protein:	29.5 grams
Carbohydrates:	51.0 grams
- including sugars:	15.9 grams
Fat:	29.1 grams
Fiber:	4.7 grams
Salt:	2.3 grams