

ZUCCHINI LASAGNE WITH MINCED MEAT & TOMATO SAUCE

2 persons / 589 kcal per person

Ingredients:

- 1 clove of garlic
- ½ tablespoon olive oil
- 200 grams of half-and-half minced meat or ground beef
- 1½ grams dried oregano
- 400 grams finely chopped Italian stir-fried vegetables
- 345 grams of passata di pomodoro, finely seasoned
- 1 zucchini
- 125 grams mozzarella
- pepper



Preparation:

Preheat the oven to 200°C. Finely chop the garlic cloves. Heat the oil in the frying pan and fry the garlic for 1 minute over medium heat. Add the minced meat and the oregano and fry the meat for about 2 minutes. Add the stir-fried vegetables and fry for 5 minutes. Pour in the passata and let it simmer for 5 minutes. Season with pepper. Meanwhile, shave ribbons off the zucchini with the cheese slicer or vegetable peeler. Cut the mozzarella into slices. Divide ⅓ part of the zucchini ribbons over the oven dish. Spoon half of the meat sauce over it and make another layer and finish with zucchini ribbons. Place the mozzarella slices on top and bake the lasagna in the middle of the oven for about 20 minutes until golden brown and cooked through. Sprinkle the lasagna with some freshly ground pepper.

Nutritional value per person:

Energy:	589 kcal
Protein:	41.3 grams
Carbohydrates:	30.7 grams
- including sugars:	28.1 grams
Fat:	31.6 grams
Fiber:	7.8 grams
Salt:	1.5 grams

