

VEGETABLE LASAGNA WITH VEGETARIAN MINCED MEAT

4 persons / 512 kcal per person

Ingredients:

- 400 grams of Italian stir-fry vegetables
- 200 grams of vegetarian minced meat
- 500 grams of pasta sauce spicy
- 1 bag of basil cream sauce
- 125 grams of mozzarella
- 1 zucchini
- 250 grams of fresh lasagna all'uovo
- 1 tablespoon of olive oil

Preparation:

Preheat the oven to 180°C. Heat the oil in a frying pan and fry the stir-fry vegetables on medium heat for 5 minutes. Add the vegetarian minced meat and fry for 2 minutes. Mix in the pasta sauce and remove the pan from the heat. Meanwhile prepare the cream sauce according to the directions on the package. Cut the mozzarella and zucchini into slices. Cover the bottom of the baking dish with a thin layer of cream sauce. Divide successively 1/3 of the lasagna sheets, 1/3 of the hacked sauce and half of the zucchini on top. Make 2 more layers and finish with the cream sauce instead of zucchini. Divide the mozzarella over the lasagna. Bake the lasagna in the middle of the oven for about 45 minutes until golden brown and done. Cover with aluminum foil if the lasagna gets too dark.

Nutritional value per person:

Energy:	512 kcal
Protein:	29.4 grams
Carbohydrates:	58.0 grams
- including sugars:	19.8 grams
Fat:	15.8 grams
Fiber:	9.1 grams
Salt:	2.6 grams

