

# ZUCCHINI LASAGNE WITH MINCED MEAT & TOMATO SAUCE

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2 persons / 546 kcal per person

## Ingredients:

- 1 clove of garlic
- ½ tablespoon olive oil
- 150 grams of minced meat
- 1½ grams dried oregano
- 400 grams finely chopped Italian stir-fried vegetables
- 390 grams of passata di pomodoro, Italian
- 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

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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:	546 kcal
Protein:	35.5 grams
Carbohydrates:	31.5 grams
including sugars:	22.9 grams
Fat:	28.5 grams
Fiber:	10.2 grams
Salt:	2.1 grams