

ZUCCHINI PARMIGIANA

2 persons / 499 kcal per person

Ingredients

- 2 zucchinis
- 1¼ tablespoon of olive oil
- 2 red onions
- 1 clove of garlic
- 115 grams of (grated) mozzarella
- 125 grams of mini tomatoes
- 8 grams of fresh basil
- 1½ grams of dried tarragon
- 500 grams of passata
- ½ teaspoon of balsamic vinegar
- 50 grams of young leaf lettuce with lamb's lettuce
- pepper



Preheat the oven to 200 ° C. Cut the zucchinis into ½ cm thick slices. Mix the zucchini with ½ tablespoon of oil and sprinkle with pepper. Divide the zucchini over the baking tray covered with bake paper and bake for 10 minutes in the middle of the oven. In the meantime, cut the onions into thin half rings and the garlic cloves. Halve the tomatoes. Roughly tear the basil leaves. Heat ½ tablespoon of oil in a frying pan and fry the onion, garlic and dried tarragon for 2 minutes over medium heat. Add the passata and heat for 3 minutes. Stir regularly. Season with pepper. Place 1/3 of the zucchini slices over the bottom of a 2-person oven dish. Sprinkle with 1/3 of the basil and spoon 1/3 of the sauce on top. Make 2 more layers with zucchini, basil and sauce. Divide the mozzarella, tomatoes cut side up over it. Bake in the middle of the oven for about 25 minutes until golden brown. In the meantime, beat the rest of the oil with the vinegar and pepper to a dressing. Toss the leaf lettuce with the dressing. Serve the salad with the zucchini parmigiana.

Nutritional value per person:

Energy:	499 kcal
Protein:	27.9 grams
Carbohydrates:	42.1 grams
- including sugars:	35.0 grams
Fat:	21.6 grams
Fiber:	12.6 grams
Salt:	2.3 grams