

HEALTHY ZUCCHINI LASAGNE BOLOGNESE

Zucchini Lasagne is a delicious healthy low-carb and gluten-free option that's loaded with zucchinis. Creamy, saucy and cheesy it's not only yummy it's a great way to sneak some extra vegetables in your kids diets.

Hints and Tips: Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, blot excess moisture with a paper towel.



Serves: 2 Prep: 15min
Cook: 1h 10min Dial: 4 Red: OFF
Green: OFF



Ingredients

- 20cmx30cm casserole dish or baking tray
- 500g lean beef mince
- 3 tsps sea salt (divided)
- 1 Tbsp olive oil
- ½ large onion, chopped
- 3 cloves garlic, minced
- 1 can diced tomatoes
- 2 Tbsp chopped fresh basil
- black pepper, to taste
- 2 medium, zucchinis cut in half
- 1 ½ cups ricotta
- ¼ cup grated parmesan cheese
- 1 large egg
- 250g grated mozzarella cheese

Method

1. In a medium frypan, add oil and saute garlic and onions for about 2 mins. Add meat and brown, then season with salt. Pour out any fat. Add the can of tomatoes, basil, salt and pepper. Simmer on low for at least 30 mins covered. Do not add extra water, the sauce should be thick.
2. Meanwhile, slice zucchini in Kleva Safety Slicer™ with both red and green buttons in the OFF position and dial on 4. Lightly salt and set aside for 10 minutes.
3. Preheat oven to 190C
4. On your Quicktime Gourmet Grill™, cook zucchini for 2 minutes on 210C. Place on paper towels to soak any excess moisture. (if you don't own the Quicktime Gourmet Grill™ just use a regular pan).
5. In a medium bowl mix ricotta cheese, parmesan cheese and egg. Stir well.
6. In a 20x30cm casserole dish spread half of the meat sauce on the bottom and layer the zucchini to cover. Spread ½ of the ricotta cheese mixture, then top with 1 cup of the mozzarella cheese and then repeat. Cover with foil and bake for 30 minutes. Uncover the foil and bake 10 minutes on oven grill (to dry up the sauce and brown the top)
7. Slice and serve with a crisp green salad.