



The Gathered Green

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SHOW OFF PALEO LASAGNE

Thank you eatdrinkpaleo.com.au for inspiration for this recipe and picture.

Ingredients

For beef and tomato sauce

- 2 tablespoons coconut oil
- 1 brown onion, diced
- 1 teaspoon sea salt
- 500 grams grass fed beef mince
- 2.3 cup dry red wine
- 3 cloves garlic, finely diced
- 2/3 teaspoon black pepper
- 2/3 teaspoon sweet paprika
- 3 cups tomato passata

For the lasagne layers

- 1 large sweet potato, peeled and sliced thinly
- 1 large eggplant, sliced into 1cm thin disks
- 1 teaspoon sea salt
- 4 tablespoons coconut oil, divided
- ½ cup torn fresh basil leaves
- 1 bunch silverbeet leaves, washed and roughly torn
- 3 medium zucchinis, sliced vertically into thin ribbons
- Extra virgin olive oil
- Cracked pepper to taste
- 1.5 cups ricotta cheese (optional)
- 2-3 tablespoons grated parmesan cheese (optional)





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Method

Heat oven to 180 degrees Celsius. Place a layer of sweet potato slices with coconut oil in a deep lasagne tray and pre-bake in the oven for 15 minutes. Set aside.

To make the sauce, heat 2 tablespoons of coconut oil in a frypan and sauté onion with a pinch of salt for 5 to 8 minutes, until slightly caramelised. Break the beef mince and add to the frypan. Cook for about 5 to 6 minutes, until browned.

Add red wine, garlic, pepper, paprika and salt to cooking meat and fry for a further 3 to 4 minutes. Add tomato passata, bring to boil and turn the heat down to simmering temperature. Cook for 10 minutes. Meanwhile, sprinkle eggplant with sea salt and set aside for 10 minutes to draw out some of the juices. Rinse and pat dry. Heat the oven back to 180 degrees Celsius.

In another frypan, heat 2 tablespoons coconut oil. Fry the eggplant in batches, for 2 to 3 minutes on each side, until light golden brown. Add more coconut oil as you go along. Set aside, by this stage all our layer ingredients should be ready.

Take the baking tray out of the oven and start layering the lasagne in the following order: pre-cooked sweet potato, 1/3 of tomato meat sauce, eggplant slices, fresh basil leaves, the rest of the meat sauce pressed down evenly, silverbeet, zucchini, drizzle of olive oil and some cracked pepper.

Cook in oven at 180 degrees Celsius, for 35 to 40 minutes.

If using ricotta and grated parmesan cheese, add on top of the lasagne at the 20 minutes cooking-time mark. Increase the heat to 200 degrees Celsius for the last 10 to 15 minutes.

Garnish with fresh basil and a few cherry tomatoes. Serve with a side salad of your choice.

Enjoy!

Jane

