

Zucchini Lasagne

INGREDIENTS

2 kg Mince
1 1/2 Tsp salt
1 Tsp olive oil (coconut oil or butter)
1 large onion, chopped
3 cloves garlic, minced
1 Can crushed tomatoes (or home-made tomato stew)
Chopped fresh basil
Black pepper, to taste
3 medium zucchini, sliced
1 Cup Grated cheese

White sauce

1/2 Cup Cream cheese
1/4 cup Sour cream



METHOD

In a heated frying pan fry onion, garlic and mince until brown. Add salt and pepper. Cover and slowly simmer to 15 min (DO NOT ADD ANY WATER). Add chopped herbs and reduce all the fluid. You can also add any additional veg to the mince, I add spinach and mushrooms. Slice zucchini into thin slices (I use my showgun peeler).

For the white sauce, slowly reduce the cream cheese and sour cream on a low heat, it will thicken as it reduces. Add salt and pepper to taste (I also add mixed herbs).

Assemble the lasagne in a deep oven proof dish. Add a layer of mince, spoon some of the tomato stew over, layer with sliced zucchini and add white sauce. Repeat the layers. On final layer add grated cheese.

Bake at 180 C for 15 - 20 minute until the cheese is melted.

Note: I use the same recipe for venison mince. You can replace the zucchini with aubergine if you prefer.

Serve with green salad.

FROM THE  OF: Cornia