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by Marianne Lynch

Low-Fat Pasta-Free Lasagne

Ingredients

1 packet of beef mince
1 onion
2 cloves of garlic
1 pepper
1 tin of chopped tomatoes
4 large courgettes
2 pots of low fat ricotta cheese
Low fat mozzarella

Preparation

- 1 1. Heat a large pan with a small amount of oil.
- 2 2. Chop the onion into small pieces and add to the pan, crush the garlic cloves and also add to the pan.
- 3 3. Cook the onions and garlic until they are soft.
- 4 4. Add the mince to the pan and leave it to cook until it's all brown.
- 5 5. Chop up the pepper and add that into the mince as it is browning.
- 6 6. Add the tin of chopped tomatoes and lower the heat to a simmer, let the mince cook within the tomato juices. You can add salt and pepper if you so wish. Leave the mince to simmer for 5-10 minutes.
- 7 7. While the mince is cooking, take your courgettes and using a vegetable peeler slice the skin off – discard the skin and then carry on peeling the courgette keeping the white fleshy bits in a separate bowl. As soon as you start to see the middle of the courgette stop peeling as the middle can be quite bitter in taste.
- 8 8. In a separate bowl, add the 2 pots of ricotta cheese – whisk them until they form a smooth liquid.
- 9 9. Grate up the mozzarella and add a sprinkling to the ricotta.
- 10 10. You are now ready to build your lasagne
- 11 start with a layer of mince at the bottom of your dish, on top of that add a layer of courgette (instead of pasta as you would build a normal lasagne), then smooth over the ricotta mixture (instead of white sauce) and repeat another layer.
- 12 11. Sprinkle the rest of the grated mozzarella on the top of the lasagne.
- 13 12. Cook in the oven for 40 minutes at 200 degrees.

Cooks Note
