



## Zucchini Lasagne

### Ingredients

- 6 Zucchini
- 2 tbsps Olive Oil
- 1 Kg Mixed Vegetables eg onion, carrot, capsicum, celery
- 2 tsps Garlic Puree
- 0.25 cup Tomato Paste
- 1 Can Diced Tinned Tomatoes No added salt (400g)
- 2 pkts MAGGI your meal your way Bolognese with Tomato and Herbs
- 0.5 cup Water
- 0.5 Bunch Fresh Basil
- 1 cup Low fat Cottage Cheese
- 200 g Low Fat Grated Mozzarella
- 50 g Parmesan cheese, finely grated

### Instruction

1. Preheat oven to 200°C/ 180°C fan forced. Heat a griddle pan to medium heat. Cook zucchini on either side for 1 minute or until grill lines appear, remove from pan and reserve.
2. Heat a large sauce pan, over medium high heat; add garlic and mixed veggies. Cook for 2 minutes or until tender, add tomato paste, crushed tomatoes, combined MAGGI Your Meal Your Way Bolognese with Tomato and Herbs and water, heat until thickened. Remove from heat.
3. In a medium bowl combine cottage, mozzarella and parmesan. Reserve. Lightly grease a large oven-proof dish. Layer a third of the zucchini slices on the base of the dish; spoon a third of the veggie mixture into dish; top with a third of the cheese mixture. Repeat layering with remaining zucchini, veggie mixture and making sure to top with remaining cheese mixture.
4. Bake uncovered for 20 minutes, serve with a green salad.

### Nutrition

Carbohydrates	41.64 g
Energy	404.48 kcal
Fats	14.92 g
Protein	27.22 g

🕒 35 Minutes

⊕ 6 portions