



Zucchini Lasagne

Ingredients

- Zucchini, grated
- tbsps Olive Oil
- Kg Vegetables, mixed, frozen, unprepared
- tsps Garlic Puree
- 1/4 1/4 cup Tomato Paste
- Can Diced Tinned Tomatoes No added salt (400g)
- pkts MAGGI your meal your way Bolognese with Tomato and Herbs
- 1/2 1/2 cup Hot water
- 1/2 1/2 Bunch Fresh Basil
- cup Low fat Cottage Cheese
- g Low Fat Grated Mozzarella
- g Hard Parmesan

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