



# VEGETABLE ZUCCHINI LASAGNE

## INGREDIENTS

- 1 tablespoon olive oil
- ½ small onion, chopped
- 400 g canned chopped tomatoes
- 1 garlic clove, crushed
- ½ teaspoon dried oregano
- 1 teaspoon fresh thyme
- 1 teaspoon balsamic vinegar
- salt and pepper to taste
- 1 pinch chilli powder
- 300 g ricotta
- 2 cups finely chopped spinach. Measure the spinach before chopping, firmly packed
- 2 tablespoons basil, chopped
- 1 large egg
- 25 g freshly grated Parmesan cheese
- 300 g grated mozzarella cheese
- 5 medium to large zucchini, thinly sliced lengthwise

## METHOD

1. Place the zucchini strips in a colander. Sprinkle salt across the tops of the zucchini and let sit for about 15 to 20 minutes to let the water sweat out of the zucchini. Place the zucchini on a kitchen towel and pat to dry off.
2. Warm the olive oil in a small saucepan over a medium heat. Add the onion and sauté for about 3 to 4 minutes until the onion softens.
3. Add the oregano, chilli powder, thyme, garlic, chopped tomatoes and balsamic vinegar and stir to combine. Reduce to a medium/low heat and simmer for 15 to 20 minutes until the sauce thickens. Stir occasionally to avoid the sauce catching. While the sauce is simmering on the stove you can prepare the ricotta mixture in the steps below.
4. Remove the sauce from the heat and allow to cool down for 10 minutes.
5. Preheat your oven to 180°C.
6. In a medium bowl, mix ricotta cheese, basil, spinach, Parmesan cheese, half of the mozzarella. Stir well.
7. In a 22 x 33 cm casserole dish, spread half of the tomato sauce on the bottom.
8. Begin assembling your zucchini rolls by laying out the sliced zucchini noodles on a flat, clean work top.
9. Spread about 2 teaspoons of the ricotta mixture over each individual zucchini slice. Carefully roll up the zucchini and place them around the edge of the baking dish with the edge of the zucchini rolls on the edge of the dish to stop them unrolling, and work your way inwards.
10. If you have any remaining tomato sauce, spread it over the top of the rolls. Sprinkle Parmesan and the remaining mozzarella cheese over the top. Season with salt and black pepper to taste.
11. Bake for about 30 to 40 minutes or until the cheese on top is a nice golden brown.

Gluten-free ✓

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SPAR 



PREP TIME 1hr 20min  
COOK TIME 1hr 3min  
TOTAL 2hr 23min  
SERVES 6