

Layered Eggplant Lasagna with Tomato and Beef Ragout and Cauliflower White Sauce



Serves 6 (476g per serve)

Energy: 1086Kj (259Kcal), protein: 25g, total fat: 10g, saturated fat: 4g, carbohydrate: 12g, dietary fibre: 9g sodium: 55mg/100g

Ingredients

-) Olive oil lite x 1 tablespoon
-) Brown Onion x 1 medium or 100g
-) Garlic x 8 cloves or 40g
-) Beef lean mince x 500g
-) Zucchini x 1 medium or 100g
-) Carrot x 1 medium or 100g
-) Crushed tomato low sodium x 2 tins or 800g
-) Bay leaves x 2
-) Dried Thyme x 2 teaspoon

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-) Ground Black pepper x 2 teaspoon
-) Tomato paste x 2 – 3 tablespoon or 70g
-) Parsley x 1 good handful
-) Cauliflower x 400g
-) Eggplant x 1 medium or 300g
-) Water x 3 cup

Method

1. Heat oil in saucepan
2. Add finely dice the brown onions, and 4 garlic cloves and saute until translucent on a medium heat
3. Shred the zucchini and carrots and saute for a further 5 minutes
4. Add the minced beef a little at a time being careful not to have big clumps
5. Add in the dried thyme and stir in well, then add the bay leaves
6. Add all the crushed tomato and the 1 cup of water and bring to the boil and reduce the heat to a simmer
7. Add 1 tablespoon of ground black pepper
8. The cooking time will be approximately 1 hour on a low simmer, and you may need to add a little bit of water to stop it from going to dry
9. Add in the tomato paste and cook for further 15 minutes
10. Once the ragout is cooked set aside and allow it to cool, preferably overnight in the fridge. This will firm up the mixture to enable better cooking and handling later on
11. Cauliflower White Sauce
12. Floret all of the cauliflower and place into a pot
13. Rough chop the remaining 4 garlic and add
14. Add 1 cup of water
15. And gently simmer for around 10 minutes or until the cauliflower is soft
16. Strain the cauliflower and garlic, reserve some of the liquid aside
17. Place the cooked cauliflower, garlic into a food processor and pulse until smooth consistency. You may need to add a little bit of the reserved liquid, making sure you do not add too much. Discard what liquid is left or use it in the beef ragout.

Eggplant

18. Slice all eggplant into approximately 3mm slices
19. One a non-stick frying pan and medium heat, pan fry until the eggplant is soft and set aside to cool
20. Now The Fun Part
21. Turn on and preheat the oven to 165c/329f and while the oven is heating, build the lasagna
22. Layer meat ragout, cauliflower white sauce and eggplant sheets
23. Repeat layers
24. Cover loosely with foil, bake 20 minutes
25. Remove foil, bake a further 5-10 minutes until

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