

Layered Eggplant Lasagna with Tomato and Quorn Ragout with Crumb Ricotta (low FODMAP/vegetarian)



Serves 6 (381g per serve)

Energy: 867Kj (207Kcal), protein: 19g, total fat: 7g, saturated fat: 2g, carbohydrate: 11g, dietary fibre: 12g sodium: 66mg/100g

Ingredients

- Olive oil (garlic infused) lite x 1 tablespoon
- garlic x 4 cloves (roughly chopped and added to olive oil for garlic infusion)
- Asafoetida x 1/4 teaspoon
- Quorn mince x 500g
- Zucchini x 1 medium or 100g
- Carrot x 1 medium or 100g
- Crushed tomato low sodium x 2 tins or 800g

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- Bay leaves x 2
- Dried Thyme x 2 teaspoon
- Ground Black pepper x 2 teaspoon
- Tomato paste x 2 – 3 tablespoon or 70g
- Parsley x 1 good handful
- Eggplant x 1 medium or 300g
- Water x 3 cup
- Ricotta x 350g

Method

Quorn Ragout

1. Heat garlic infused oil in saucepan
2. Shred the zucchini and carrots and saute for 5 minutes
3. Add the quorn mince a little at a time being careful not to have big clumps
4. Add in the dried thyme and stir in well, then add the bay leaves
5. Add all the crushed tomato and the 1 cup of water and bring to the boil and reduce the heat to a simmer
6. Add 1 tablespoon of ground black pepper and asafoetida
7. 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
8. Add in the tomato paste and cook for further 15 minutes
9. 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

Eggplant

10. Slice all eggplant into approximately 3mm slices
11. One a non-stick frying pan and medium heat, pan fry until the eggplant is soft and set aside to cool

Now the Fun Part

12. Turn on and preheat the oven to 165c/329f and while the oven is heating, build the lasagna
13. Layer meat ragout and eggplant sheets
14. Repeat layers
15. Sprinkle ricotta cheese over the top
16. Cover loosely with foil, bake 20 minutes

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17. Remove foil, bake a further 5-10 minutes until

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