

Low carb lasagne

Serves 4

Ingredients

- 600g Cauliflower, roughly chopped
- 2 Garlic cloves
- 250ml Low fat milk
- 1 small onion finely chopped
- 500g lean mince meat
- 1 tin chopped tomatoes
- Fresh and dried thyme
- 50g Sliced mushrooms
- 100g Baby mushrooms
- 100g baby spinach
- 2 large zuchinnis sliced in ribbons
- 90g grated low fat cheese
- 30g grated parmesan cheese

Instructions

1. Roast one clove if garlic and cauliflower at 180 degrees in oven and bake until soft for about 20-30 minutes
2. While the cauliflower is roasting, 'fry' the onion in Spray and cook until translucent
3. Turn the temperature to a higher heat, add mince and cook until meat browned
4. Add the tin of tomatoes and tear in sprigs of thyme and simmer until sauce reduces slightly
6. While you wait for the mince, chop the ends off the zuchinnis and sliced them in ribbons, using a vegetable peeler
7. Once the cauliflower is soft, purree it in the milk. Loosen it with water until consistency similar to a bechamel sauce. Add $\frac{3}{4}$ of the cheese and season to taste
8. Now it is time to layer: start with spoonful of cheese sauce on the bottom of a oven-proof dish, then zuchinni ribbons followed by mince meat
9. Put the mushrooms in an even layer and then half of the spinach
10. Add another layer of zuchinni, cheese sauce, mince and spinach
11. Repeat until finished the ingredients, ending the layer of with cheese sauce
12. Sprinkle remaining cheese on top and bake for about 25 min until top is golden brown



Nutritional information

Starch= 0

Protein= 3

Fat= 1

Veg= 2