

Reduced carb courgette lasagne



1 tsp ghee or coconut oil
2 white onions, chopped
750g 5% fat beef mince
1 handful fresh basil, chopped
150g mushrooms, finely chopped
4 garlic cloves, finely chopped
a pinch of sea salt and ground black pepper
1 tsp Italian seasoning
400g tinned chopped tomatoes
250g courgette, cut into long strips with a potato peeler
100g Cheddar cheese, grated (use dairy free if preferred)
for the white sauce:
25g butter or olive oil
25g plain flour (use gluten free if preferred)
1 pint milk / almond milk
a pinch of salt and pepper

SERVES 6



PER SERVING:
382 Calories
18g Carbs
37g Protein
18g Fat

Melt the ghee / oil in a large saucepan over a medium heat. Add the onions and sauté for 4 minutes, stirring occasionally. Add the beef and cook for 4-5 minutes, stirring occasionally.

Add the basil, mushrooms and garlic, stir well and cook for 3 minutes, stirring occasionally. Add the salt, pepper, Italian seasoning and tinned tomatoes and stir well. Cover and simmer for 20 minutes.

Preheat oven to 175°C/350°F. Melt the butter / oil in a saucepan over a low / medium heat, stirring continuously. Add the flour and stir well to remove lumps. Gradually add the milk, stirring continuously until all used up. Reduce heat to low and continue to stir until the sauce has thickened slightly. Remove from heat, season with salt and pepper and stir.

Spoon half of the mince sauce into a large rectangular oven dish, covering the base. Cover with the courgette strips and a layer of white sauce. Sprinkle around a third of the cheese over the top. Repeat with the remaining mince sauce, courgette and white sauce. Top with the remaining cheese. Bake for 45-60 minutes, until the surface is golden and bubbling. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

