



## LOW CARB BEEF AND AUBERGINE LASAGNE



This recipe replaces lasagne sheets for aubergine for the ultimate low carb/keto dinner. Swapping out lasagne sheets for aubergine keeps the texture and bulk without sacrificing on taste. Made with simple and healthy ingredients, it's perfect to make ahead for a cosy evening meal. The secret to the perfect aubergine lasagne is to roast the aubergine slices before assembling them all together. This ensures perfectly soft and tender aubergine and the overall lasagne to never be watery.

-  20 minutes
-  1 hour and 20 minutes
-  8 portions

## INGREDIENTS

- 2 large aubergine (for the lasagne)
- 2 tablespoons of olive oil (for the lasagne)
- 500 grams of ricotta cheese (for the lasagne)
- 100 grams of Parmesan cheese, grated (for the lasagne)
- 10 fresh basil leaves, chopped (for the lasagne)
- 150 grams of mozzarella cheese, shredded (for the lasagne)
- 1 tablespoon of dried oregano (for the lasagne)
- salt, to taste (for the lasagne)
- pepper, to taste (for the lasagne)
- 450 grams of extra lean (5%) minced beef (for the meat sauce)
- 1 medium onion, diced (for the meat sauce)
- 2 cloves of garlic, minced (for the meat sauce)
- 1 teaspoon of sea salt (for the meat sauce)
- 2 x 400g tins of whole tomatoes, with liquid (for the meat sauce)
- 4 tablespoons of tomato puree (for the meat sauce)
- 1 teaspoon of dried oregano (for the meat sauce)
- 1 teaspoon of dried basil (for the meat sauce)
- 1/2 teaspoon of garlic powder (for the meat sauce)
- 1/2 teaspoon of onion powder (for the meat sauce)
- 1/4 teaspoon of chilli flakes (for the meat sauce)
- salt, to taste (for the meat sauce)
- pepper, to taste (for the meat sauce)

## COOKING METHOD

- 1° For the meat sauce:
- 2° Place a large saucepan over a medium-high heat, and cook the minced beef until brown. Drain off any excess fat from the meat and add in the onion, garlic and 1 teaspoon of sea salt. Continue to cook for another 3-4 minutes until the onion has softened.
- 3° Next, add in the tomatoes and break them up with a spatula. Mix in the tomato paste, oregano, basil, garlic powder, onion powder, and chilli flakes. Season to taste with salt and pepper.
- 4° Reduce the heat to low and simmer uncovered for around 30 minutes, until sauce has reduced.
- 5° For the lasagne:
- 6° Preheat the oven to 200°C (Gas Mark 6) and lightly grease a 8x13 inch (20x33cm) baking dish with oil.
- 7° Cut the ends off the aubergines and slice lengthwise in 1/4 inch slices (approximately 10 slices in total).
- 8° Brush each slice of aubergine with olive oil, season with salt and pepper and place on a baking sheet lined with baking parchment. Bake in the oven for 6-7 minutes each side.
- 9° In a large bowl, combine the ricotta, Parmesan and basil.
- 10° Pour one third of the meat sauce into the bottom on the oiled baking dish, then place half the slices of aubergine in a layer over the top. Spread over half of the ricotta mixture and a quarter of the mozzarella cheese.
- 11° Repeat the process layering the remaining aubergine, ricotta mixture and another quarter of the mozzarella cheese.
- 12° Finally layer the remaining third of the meat sauce and the remaining half of the mozzarella cheese and oregano. Cover with tin foil and bake in the oven for 30 minutes.
- 13° Remove the foil and grill on high for another 5-8 minutes until the cheese is golden on top. Remove the dish from the oven and allow it to stand for 15 minutes before cutting.

## NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (349 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 95 kcal   | 331 kcal            | 17 %  |
| PROTEIN                      | 8 g       | 29 g                | 57 %  |
| CARBOHYDRATE                 | 3 g       | 10 g                | 4 %   |
| SUGARS                       | 2 g       | 9 g                 | 10 %  |
| FAT                          | 6 g       | 20 g                | 29 %  |
| FATTY ACIDS, TOTAL SATURATED | 3 g       | 11 g                | 55 %  |
| FIBER                        | 1 g       | 2 g                 | 7 %   |
| SODIUM                       | 152 mg    | 530 mg              | 22 %  |