



Product Spotlight: Ricotta Cheese

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



4 Zucchini Lasagne

Sheets of zucchini in-between layers of sautéed beef mince and vegetables with ricotta cheese.

 35 mins

 2 servings

 Beef

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Make it pasta!

If you have some unused pasta sitting around in your cupboard, cook it up. Add the zucchini to the beef and make this a pasta dish instead.

Per serve: **PROTEIN** 53g **TOTAL FAT** 25g **CARBOHYDRATES** 31g

FROM YOUR BOX

ZUCCHINI	1
BEEF MINCE	300g
BROWN ONION	1/2 *
GREEN BEANS	1/2 bag (125g) *
KALE	1/2 bunch *
PIZZA PASTE	1 sachet
CHOPPED TOMATOES	400g
RICOTTA	1/2 tub (250g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, oven dish

NOTES

You could also add some lemon zest and parmesan cheese to your ricotta for extra flavour, or an egg for richness.

The oil will help prevent your ingredients from sticking to the base of your oven dish.

No beef option - beef mince is replaced with **chicken mince**. Add oil to the pan before cooking chicken mince.



1. SLICE ZUCCHINI

Set oven to 250°C.

Slice the zucchini into thin strips using a peeler and toss in **1 tsp salt**. Set aside to soften while you prepare remainder of the dish.



2. BROWN THE MINCE

Heat a frypan over medium-high heat. Add mince, cook for 3-4 minutes breaking up with the back of a spoon. Slice onion, add to pan as you go with **1 tsp Italian herbs**.



3. ADD VEGETABLES

Chop beans into 3cm lengths, tear kale leaves add to pan as you go with pizza paste and chopped tomatoes. Stir through **1/2 cup water and 1 tbsp balsamic vinegar**. Cook, covered, for 6 minutes, season with **salt and pepper** to taste.



4. MIX RICOTTA

In a bowl, mix ricotta with **1 tsp Italian herbs, salt and pepper** (see notes).



5. LAYER LASAGNE

Rinse zucchini with cold water. Rub **oil** on the base of your oven dish (see notes). Alternate layers of beef mix, ricotta, and zucchini strips. Finish with a layer of ricotta on top. Bake in the oven for 10-15 minutes.



6. FINISH AND PLATE

Serve portions of lasagne among shallow bowls.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

