

Primal Zucchini Lasagne

Ingredients

Makes 8 to 10 portions.

Meat sauce:

- 1 kilo minced beef
- 200 grams of well seasoned pork sausage meat
- 2 medium onions chopped
- 2 medium carrots chopped
- 2 sticks of celery chopped
- 3 large cloves of garlic minced
- 1 can of chopped tomatoes (drain excess liquid)
- 2 small tins of tomato paste
- Butter or coconut oil for sautéing and browning
- Salt and pepper to taste
- A big handful of fresh herbs (parsley, oregano and basil works well together).
- 2 teaspoons xylitol



'White sauce':

- 500 grams ricotta cheese
- 250 grams cream cheese or mascarpone (room temperature)
- ¼ cup of grated parmesan cheese
- 3 eggs
- Salt and pepper to taste
- 500 grams mozzarella cheese grated

Zucchini 'pasta sheets':

- 800 grams of zucchini thinly sliced using a mandolin.
- Place thin slices of zucchini on kitchen paper and also cover to absorb excess liquid.

Method:

- Pre-heat oven to 160 degrees Celsius.
- Grease your baking dish (28 cm x 35 cm).
- Sauté the onions, carrots, garlic and celery until soft and remove from pot.
- Brown your meat in the pot. Drain excess liquid if necessary.
- Add back the onions, carrots, garlic and celery.
- Add tin of tomato, tomato paste and xylitol.
- Once cooked and liquid has reduced, switch off heat.
- In a bowl, combine the ricotta, cream cheese, eggs and parmesan. Add salt and pepper to taste.
- Create 3 layers of the ingredients as follows:
 - Zucchini slices
 - Ricotta mixture
 - Meat sauce
 - Mozzarella.
- Bake for 45 minutes on middle rack.
- Rest for 10 minutes before serving.



www.primalperks.com

This recipe is my adaptation of the original to be found at www.nourishedmeadow.com.