

Baby Marrow Lasagna



You need:

- 500g lean mince (free range)
- 2x onion – medium (finely chopped)
- 2x tomato – medium
- 300g/4x baby marrows - medium (cut thin lengthwise with potato peeler)
- 120g cheddar (optional)
- 2 tbsp oil
- spices

Calories/s:

427

Prep time:

10-15 min

servings (s)

Method:

- Preheat the oven to 180°C.
- Cook the onion, tomato and spices (until soft).
- Then add the mince and cook until it's almost cooked throughout.
- Add one layer of baby marrow slivers to the bottom of an oven dish (line with 'Spray & Cook')
- Then add half of the mince mix on top of the baby marrow.
- Repeat with another layer and top with cheese. Bake for 20 minutes.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	1787 kj 427 kcal
Protein	33.77g
Carbohydrates	8.65g
Sugar	4.13g
Fat	29.35g
Saturated Fat	13.052g
Trans Fat	0.750g
Polyunsaturated Fat	1.610g
Monounsaturated Fat	12.906g
Cholesterol	107mg
Fiber	1.5g
Sodium	267mg
Potassium	254mg