



Courgette & Quorn Mince Lasagne

Serves: 4

Calories per serving: 385

Ingredients:

300g Quorn Meat Free Mince

2tbsp olive oil

1 red onion, finely chopped

2 cloves of garlic, crushed

2 sticks of celery, finely diced

3tbsp red pesto

1 vegetable stock cube dissolved in 100ml hot water

400g tomato passata

3tbsp fresh basil, chopped

1tsp oregano, dried

Salt and freshly ground black pepper to taste

2 large courgettes, thinly sliced, lengthways

For the topping:

250g ricotta cheese

60ml low fat creme fraiche

1/4tsp nutmeg

1/2tsp salt

1/2tsp black pepper

6 cherry tomatoes, halved - optional

30g vegetarian hard cheese, grated

Method:

1. Pre-heat the oil in a pan over a medium heat and fry the onion gently for 4-5 minutes until beginning to soften, stirring frequently. Add the garlic and celery and cook for a further 2 minutes
2. Stir in the red pesto, vegetable stock and tomato passata. Bring to a boil, cover and simmer gently for 10 minutes then stir in the Quorn Mince. Cover and cook for a further 2 minutes. Stir in the basil and oregano and season to taste with salt and freshly ground black pepper
3. Pre-heat a griddle pan over a high heat and chargrill the courgette slices for 1-2 minutes on each side
4. Combine the ricotta, creme fraiche, nutmeg, salt, pepper and half of the hard cheese in a bowl
5. In an ovenproof dish arrange a layer of chargrilled courgette slices, cover with the Quorn Mince mix then place a second layer of courgette slices over this. Spoon the ricotta topping over and garnish with the cherry tomatoes, black pepper and the remaining cheese
6. Bake in an oven pre-heated to 200C/400F/Gas Mark 6 for 20 minutes