

# Aubergine lasagne

SERVES - 6

## NUTRITION PER SERVING

Fat: 32 g

Carbs: 23 g / Fiber: 10 g (Net Carbs: 13 g)

Protein: 36 g

As the seasons change and the colder months start drawing in, it's good to increase warming spices, stews and soups.

Just as delicious as the pasta sheet version without the processed carbs. I like to cram as much veg into this as possible, and plenty of herbs and spices as well.

Serve with a chopped herb salad for a filling dinner that doesn't leave you feeling tired and sluggish.

This recipe makes 6 portions. You can portion them up and place a few in the freezer for later.

## INGREDIENTS

- 500g minced beef
- 1 T coconut oil
- 1 large onion (chopped)
- 1 stick celery (chopped)
- 60 g mushrooms (chopped)
- 1 courgette
- 1 red pepper (chopped)
- 3 garlic cloves
- 2 T fresh or dried oregano
- 400g tinned chopped tomatoes
- 200ml water
- 1 T tomato puree
- 1 T green pesto
- 1 t dried chilli flakes
- salt & pepper
  
- 2 aubergines
- 1 T pink salt
  
- 400g grated mozzarella

## METHOD

1. Slice aubergines into thin slices. salt on both sides and leave for 1 hour in a colander over a large bowl.
2. In a large pan, sweat chopped onion and celery till coloured.
3. Add mushrooms, cook for 10 mins, then add courgettes and peppers and cook for a further 10 mins.
4. Add beef mince, garlic and cook till browned.
5. Add tinned tomatoes, water, puree, pesto, chilli flakes and picked oregano leaves.
6. Preheat oven to 180°C / 350 F.
7. Pat aubergine slices dry with kitchen roll, brush with olive oil and lay on a baking sheet.
8. Bake for 10 mins each side.
9. In a lasagne dish add a layer of aubergine slices.
10. Top with a layer of beef ragu.
11. Add a layer of mozzarella.
12. Repeat layers.
13. Top with plenty of mozzarella.
14. Bake for 30 mins.
15. Serve with chopped herb salad.