

# KETO ZUCCHINI LASAGNE



## SAVEUR PRODUCT USED

GARLIC MIX & PIZZA SPICE

## SUBSTITUTIONS

Substitute beef with chicken, pork or turkey.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**1 large eggplant, diced into ½" (1cm) pieces**

**3 large tomatoes, diced**

**2 red peppers, cut in ½" (1cm) pieces**

**1 large brown onion, diced**

**4 garlic cloves, diced finely**

**1 tsp. Saveur Pizza Spice**

**1 lb. (500g) ground beef**

**1 tbsp. Saveur Garlic Mix**

**1 tsp. Saveur Pizza Spice**

**1 tsp. salt**

## PREPARATION INGREDIENTS

**For vegetables and beef:**

**3 tbsp. ghee**

**14 oz. (400g) can crushed tomatoes**

**2 tbsp. sugar free tomato paste**

**For cheese sauce and zoodles:**

**3 tbsp. butter**

**1 tbsp. Saveur Garlic Mix**

**½ tsp. xanthan gum**

**1.5 cups (14 fl. oz.) milk**

**2 cups grated, shaved, or crumbled cheese (mozzarella or feta)**

**4 large zucchini, cut lengthways very thinly (use mandolin)**

## METHOD

Bag 1 (large) – Combine eggplant, tomato, pepper, onion, and garlic with 1 tsp. Saveur Pizza Spice.

Bag 2 (medium) – Combine ground beef, 1 tbsp. Saveur Garlic Mix, 1 tsp. Saveur Pizza Spice, and salt.

Remove all air from bags to prevent freezer burn. Place both bags into large freezer bag, label, date and freeze until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 350°F (180°C). Place contents of Bag 1 with 2 tbsp. ghee and brown well in a saucepan. Remove and place in a bowl. In the same saucepan, brown contents of Bag 2 in 1 tbsp. ghee. Add roasted vegetables and can of crushed tomatoes and simmer until liquid is almost gone. Add 2 tbsp. tomato paste.

To make cheese sauce, add butter to saucepan with 1 tbsp. Saveur Garlic Mix and heat until butter is melted. Add xanthan gum, stir. Add cream and reduce heat to medium. Stir constantly. As sauce thickens, add 1 cup cheese, continue to stir until thick.

Start your lasagna with beef on the bottom of a 13x9 pan, then layer with zucchini strips, then more beef, cheese sauce, then zucchini strips. Top with more cheese sauce and cheese. Top with a little Saveur Garlic Mix and bake at 340°F (170°C) for 40 minutes. Allow to cool slightly before cutting.

SERVING SUGGESTION: Great served with salad.

