

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. tomato paste

For cheese sauce and zoodles:

3 tbsp. butter

1 tbsp. Saveur Garlic Mix

½ tsp. corn starch

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 corn starch, stir. Add milk 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.

