

Zucchini Lasagna with Creamy Cheese Sauce



Ingredients

- 15g butter
- 30g flour
- 37.5g Annum plain
- 250 ml cold water
- 100g grated cheese
- 250g zucchini, sliced thinly
- 15g oil
- 250g ground beef
- 20g garlic, finely chopped
- 50g onion, chopped
- 30g flour
- 75g tomato sauce
- 2g salt
- 1g pepper
- 5g sugar

Directions

1. Melt butter in a small saucepan. Add flour and mix into a paste. Add cold water and let it simmer for 10 minutes. Stir in milk until dissolved. Fold in cheese. Set aside.
2. Heat up oil in a medium-sized pan. Saute onions, garlic and ground beef. Add flour. Stir in tomato sauce. Season the mixture with salt, pepper & sugar. Simmer for 20 minutes.
3. To assemble, layer zucchini alternating with beef mixture in a small oven proof dish. Top with milk-cheese mixture and place inside an oven toaster for 15 minutes or until the cheese topping is bubbly& golden in color.

Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	476	21.3
Carbohydrates (g)	33	18.9
Proteins (g)	33	37.9
Fats (g)	22	-
Dietary Fiber (g)	2	-

Per Serve Per Adequacy

Folate (mcg)	205	34.2
Iron (mg)	6	15.8
Zinc (mg)	7	72.2
Calcium (mg)	391	48.9
Vitamin B12 (mcg)	3.1	0.1
