



UCCOOK

Baby Marrow & Ostrich Lasagne

with fresh basil, mushrooms & green leaves

Looking for a carb-conscious dinner while still wanting to satisfy your Italian food craving? Look no further! This baby marrow lasagna is the perfect meal to feed your soul and nourish your body. It is packed full of veggies, herbs and love! You won't even miss the pasta in this dish!


Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Boschendal | Rachelsfontein Chenin Blanc

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Ostrich Mince
10ml	NOMU Italian Rub
100g	Cooked Chopped Tomato
50g	Grated Mozzarella
4g	Fresh Basil <i>rinsed, picked & roughly torn</i>
125g	Button Mushrooms <i>wiped clean & finely sliced</i>
200g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Egg/s

1. START THE BASE Place a deep pan over a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft and translucent, shifting occasionally. Add the mince and the rub. Work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally.

2. SIMMER LIKE A WINNER When the mince is done, pour the cooked chopped tomato and 50ml of water into the pan. Mix until fully combined. Reduce the heat and leave to simmer for 10-15 minutes until thickened, stirring occasionally. On completion, add a sweetener of choice (to taste) and seasoning. In a bowl, combine 1 egg, ½ the grated cheese, seasoning, and ½ the torn basil.

3. LASAGNE, ASSEMBLE! Place ⅓ of the saucy mince in the bottom of a small ovenproof dish. Top with ⅓ of the sliced mushrooms, ⅓ of the cheese and basil mixture, and ⅓ of the baby marrow ribbons. Repeat with the remaining mince, mushrooms, cheese mixture, and baby marrow to create two more layers. Sprinkle over the remaining cheese and bake in the hot oven for 20-25 minutes. In the final 3-5 minutes, turn the oven on to the grill setting or the highest temperature. On completion, the cheese should be melted and golden.

4. SALAD STEP Just before serving, toss the rinsed green leaves with any remaining baby marrow ribbons, a drizzle of oil, and seasoning.

5. LIVE, LAUGH, LASAGNE! Plate up a generous helping of the baby marrow and ostrich lasagne. Side with the dressed green leaves. Sprinkle over the remaining basil and dig in!

Nutritional Information

Per 100g

Energy	315kJ
Energy	75Kcal
Protein	6.9g
Carbs	4g
of which sugars	2.4g
Fibre	1.4g
Fat	3.5g
of which saturated	1.4g
Sodium	3mg

Allergens

Dairy, Allium

Cook
within
4 Days