

Recipe Name: Zucchini Roll Up Lasagne Recipe

Diet Type:

Course: Dinner

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 3 Green zucchini - thinly sliced	4
• Salt - to taste	
• Extra Virgin Olive Oil - for cooking	
• 1/2 cup Mozzarella cheese - grated	
• 1-1/2 Green zucchini - finely chopped	
• 1 Red Bell pepper (Capsicum) - finely chopped	
• 1 Onion - finely chopped	
• 4 cloves Garlic - finely diced	
• 1 teaspoon Dried Thyme Leaves	
• 1 teaspoon Rosemary	
• 1 teaspoon Red Chilli flakes	
• Salt - to taste	
• 500 grams Tomatoes	
• 1 Onion - finely chopped	
• 8 cloves Garlic - finely chopped	
• 2 teaspoons Black pepper corns - crushed	
• 2 teaspoon Red Chilli flakes	
• 1 teaspoon Sugar	
• 1/4 cup Basil leaves - chopped	
• Salt - to taste	

Preparation

- To begin making the Zucchini Roll Up Lasagne Recipe, we will prep the zucchini, cut them vertically long to thin stripes.
- Grill the zucchini over a grill pan, until you notice grill marks on either side.
- Once you have finished grilling all the zucchini str.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	35	20	25	4	8

