



EASY

Serves 2



Prep 15 mins



Cook 30 mins



Vegetarian

Ingredients

- [olive oil](#)
- 2 large [courgettes](#), grated
- 1 clove [garlic](#), crushed
- a pinch of chilli flakes
- ½ 250g tub [ricotta](#)
- 3 tbsp [Parmesan](#) (or vegetarian alternative), grated
- 300ml jar tomato pasta sauce
- 6 sheets fresh lasagne

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Per serving

573 calories, protein 25,4g,
carbohydrate 57,8g, fat 28,3 g,
saturated fat 9,2g, fibre 5,2g,
salt 2,39 g

Quick courgette lasagne

1. Heat the oven to 190C/fan 170C/gas 5. Heat 1 tbsp olive oil in a pan. Cook the courgette, garlic and chilli until soft. Add the ricotta and 2 tbsp of parmesan, season and mix well.
2. Put a layer of the mix in the bottom of a small dish. Add a quarter of the sauce then cover with 2 sheets of lasagne. Repeat twice, ending with lasagne. Spoon over the last 1/4 of tomato sauce and sprinkle over the Parmesan. Bake for 20-30 minutes until bubbling.

Web link

<http://www.bbcgoodfood.com/recipes/517627/>