

Low-Carb & keto vegetarian lasagna

Serves 4-6

80 mins

1 main ingredient

What you'll need

Main ingredients	Fresh/ frozen	Store cupboard
Chestnut mushrooms, 500g blitzed	½ large onion 1 rib of celery 1 carrot 2 large cloves garlic Parmesan cheese Mozzarella Ricotta 1 large egg, beaten Handful of basil leaves 1 large aubergine, sliced lengthways 1 large courgette, sliced lengthways	Tin of tomatoes Olive oil, 1-2 tbsp Dried oregano, 1 tbsp Salt & Pepper, to taste White wine, 125ml

What to do

1. Prepare the tomato ragu. Finely slice and dice ½ large onion, 1 rib of celery and a carrot. Heat 1-2 tbsp olive oil in a large frying pan on a medium heat and add the diced veggies (aka the soffrito). Stir occasionally and cook through for about 10-15 minutes until they start to soften and brown at the edges.. Add the minced garlic, 1 tbsp dried oregano, some salt and pepper and cook for a further minute or 2. Add the splash of white wine (or stock), allow the alcohol to burn off and reduce slightly. Then add the tin of tomatoes, bring to the boil then reduce to a low-heat and simmer very gently for about 30 minutes.
2. While that's simmering, slice the courgette and aubergine lengthways - you'll need about 8 slices in total. Place them on a lined baking sheet and drizzle with olive oil, bake for 20 minutes (170c fan) flipping halfway through.
3. In a separate bowl, add the ricotta, a beaten egg and mix well. Stir in some grated parmesan - you could also add some cheddar and/ or mozzarella too if you fancied.
4. To prepare the mushroom ragu: quarter the mushrooms (including the stalks) and pulse a few times in a food processor (or finely chop them by hand, they should resemble very coarse breadcrumbs - don't worry if there's some chunky bits). Saute them in a pan with a tbsp or 2 of olive oil for 5 or 10 minutes (over a medium-high heat) and reduce any excess water. Add the homemade tomato ragu, and bring to a simmer. Add some fresh basil and check the seasoning.
5. Time to layer up! In your baking dish (I used a dish that measures about 12 x 7 inches/ 30cm x 17cm):
 - Spread a thin layer of ragu first as a base
 - Layer the aubergine/ courgette
 - Spoon half of the mushroom ragu over the ricotta cheese
 - Layer ricotta mix
 - Repeat layers - aubergine/ courgette, ragu, ricotta
 - Top with grated cheese, I used parmesan and fresh basil
6. Cover with foil and bake in the oven for 20 minutes, remove foil and cook for a further 10-15 minutes until the top is nicely golden brown. Serve with your choice of side; a fresh crispy salad or steamed greens would be nice. Enjoy!

Notes & tips

- Make this recipe your own by making your own version of the cheese/ bechamel sauce
- Swap out the mushrooms for cooked minced beef/ turkey/ pork or a combination!
- Recipe inspiration came from a recipe by Kim Hardest, linked here on Low Carb Maven <https://www.lowcarbmaven.com/vegetarian-keto-lasagna/>