Pomì
O Così. O Pomì.

Vegetarian zucchini lasagna

Preparation time: 35 min
Difficulty: Easy

Ingredients

- Carrots: 2 pcs
- Freshly chopped basil: 1 tbsp
- Freshly chopped oregano: 1 tbsp
- Freshly grated cheese: 2-3 handfuls
- Garlic cloves: 3 pcs
- Melanzani: 1 pc
- Olive oil: 3 tablespoons
- Red balsamic vinegar: 1 tablespoon
- Red onion: 1 pc
- Salt: 1 tsp
- Strained organic tomatoes: 500 ml
- Tomato paste: 1 tbsp
- Yellow bell pepper: 1 pc
- Zucchini: 3 medium

Béchamel sauce

- Eggs size M: 2 pcs
- Grated parmesan: 3 tbsp
- Italian herbs dried: 1 tsp
- Sour cream: 250 gr

Preparation

1. Peel onion and garlic and chop finely.
2. Wash, clean, peel if necessary and chop the vegetables.
3. Heat olive oil in a pan or pot and fry onion and garlic until golden.
4. Add vegetables and continue to fry for a few minutes, stirring constantly.
5. Add tomato paste and freshly chopped herbs and stir vigorously.
6. Deglaze with balsamic vinegar and pour in the organic tomatoes.
7. Add tomato pulp fine pieces with basil and salt. Simmer on low heat for about 20 minutes. In the meantime, cut off the ends of the zucchini. Now cut the zucchini into slices about 0.5mm thick and place on kitchen paper. Sprinkle with a little salt and leave to marinate briefly.
8. Preheat the oven to 200 degrees.
9. Mix the sour cream, eggs, Parmesan cheese and the dried Italian herbs.
10. Pat the zucchini slices dry with kitchen paper.
11. Now alternate layers of sauce, zucchini slices and fake béchamel in an ovenproof casserole dish. Finally, sprinkle with grated cheese and bake in the oven for about 30-40 minutes. Remove the zucchini lasagna from the oven and let it stand for about 10 minutes before serving.

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For this recipe we used:

Finely Chopped tomatoes 500 ml