

Roasted Beef & Mediterranean Vegetable Lasagna

Serves: 6

Time to prepare: 1 hr 30 mins

Ingredients

250g beef mince (or chicken, pork or turkey mince)
1 sweet potato, cut into 2.5cm pieces (slithers for layering)
1 large eggplant, cut into 2.5cm pieces (as above)
2 medium zucchini, cut into 2.5cm pieces (as above)
2 small red onions, cut into thin wedges
2 medium red capsicums, slices
3 cloves garlic, crushed
olive oil spray
1/4 cup grated parmesan cheese
1 ½ cups light ricotta (or cottage) cheese
Mixed herbs (choose your favourites)
700ml jar tomato pasta sauce
Lasagne sheets
mixed green salad, to serve



Instructions

1. Preheat oven to 200°C. Line 2 x large baking trays with baking paper. Place sweet potato, eggplant, zucchini, onion, capsicum (any other veggies you want) and garlic on prepared trays. Spray with oil. Roast for 30 minutes or until veggies are tender. Set aside. Reduce oven to 180°C.
2. Combine parmesan, mixed herbs and ricotta in a small bowl. Set aside.
3. Spread 1/2 cup of tomato sauce over the base of a 10-cup capacity ovenproof dish. Top with 1 lasagne sheet, trimming to fit. Top with one-third of the roasted veggies, 3/4 cup tomato sauce and 1/3 cup cheese mixture. Repeat layering with lasagne sheets, veggies, mince, sauce and cheese mixture. Finish with final lasagne sheet.
4. Spread remaining cheese mixture on top. Roast, covered with foil, for 15 minutes. Uncover, roast for a further 30 minutes or until golden. Serve with salad.

Recipe adapted from:

<http://www.healthyfoodguide.com.au/recipes/2013/may/chicken-sweet-potato-and-ricotta-lasagne>