

Veggie Lasanha with salad

★ medium 🔍 1 hour 🍽️ 2 portions

Tips: You can use any vegetable instead of aubergine

INGREDIENTS

- 200 grs of minced meat
- 3 tomatoes
- 1 onion
- ½ aubergine
- 1 cup of grated mozzarella cheese
- 1 teaspoon of olive oil
- Salad mix/ cucumber and feta cheese
- 1 teaspoon of coconut oil

PREPARATION

1. Fry the onion and the tomatoes with the coconut oil
2. When it's all soft blend with a hand blender
3. Put the meat into the sauce and let it cook for about 15 minutes. Add a bit of water if its to thick.
4. Place the meat into an oven Pyrex, slice the aubergine and place on the top. Drop the mozzarella cheese and put in the oven until it's light brown.
5. Prepare the salad with the feta cheese on the top and a drop of olive oil and it's ready to serve.

