



## JERNEJ KITCHEN

# ZUCCHINI LASAGNA WITH GROUND BEEF (KETO-FRIENDLY)

*Zucchini Lasagna with Ground Beef is an easy summer recipe. Hearty, healthy casserole dish that's keto-friendly, low-carb and what's most important: tasty.*

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
COOK:	60	MINUTES
BAKE:	20	MINUTES
TOTAL TIME:	95	MINUTES

### BEEF MEAT SAUCE

- 2 tbsp olive oil
- 1 tsp lard (optional)
- 1 tbsp bacon, finely chopped
- 1 small onion, finely chopped
- 1/2 celery stalk, finely chopped
- 1/2 bell pepper, finely chopped
- 1 sprig thyme, 1 bay leaf
- 2 cloves of garlic, finely chopped
- 350 g ground beef (12.5 ounces)
- 1/2 tsp tomato paste
- 1 tomato, finely chopped
- 200 g tomato purée (7 ounces)
- 150 ml beef stock or water (2/3 cup)
- 3 tbsp heavy cream

### ZUCCHINI

- 4 medium zucchini
- 3 cloves of garlic
- 1 tbsp chopped parsley

### COOK THE VEGETABLES FOR MEAT SAUCE

Place a large skillet over medium-low heat. Add the olive oil, lard (optional), finely chopped bacon, finely chopped onion, finely chopped celery stalk, finely chopped bell pepper, and a sprig of thyme. Cook for about 3 minutes, stirring occasionally. Add the finely chopped garlic and cook for another 3 minutes.

### MEAT SAUCE

Increase the heat, add the ground beef and cook for 3 - 5 minutes, stirring occasionally. Add the tomato paste, diced tomato, tomato purée, beef stock or water and stir to combine. Reduce the heat and season with bay leaf, salt, and pepper. Cover with a lid and cook for 45 - 50 minutes. Stir the heavy cream into the meat sauce the last 10 minutes.

### TIP

[Heavy cream will make the sauce creamy and richer.](#)

### ZUCCHINI

Using a [mandoline](#), slice the zucchini into 2 mm or 1/16 inch thick slices. Place a grill pan over high heat. Add the zucchini noodles and grill them for about 1 minute on each side. Make sure they aren't too crowded. Transfer to a clean plate. Drizzle the zucchini noodles with olive oil. Add chopped parsley, chopped garlic, and season with salt and pepper. Set aside for about 10 minutes for zucchini to marinate. Then squeeze the zucchini to release any excess water.

### CHEESE SAUCE

Add butter and ricotta to a saucepan. Place over low heat. Stir

1 tbsp olive oil

### CHEESE SAUCE

2 tbsp butter (30g / 1 ounces)

250 g Ricotta cheese (1 cup or 9 ounces)

100 g heavy cream (3.5 ounces)

1/2 tsp ground nutmeg

40 g Pecorino Romano cheese (1.4 ounces)

60 g Gouda cheese (2.1 ounces) + 40g (1.4 ounces) for sprinkling on top

1 tsp baking powder

1 egg yolk

### TOOLS AND EQUIPEMENT

large skillet or pan

[mandoline \(slicer\)](#)

grill pan

saucepan

25 cm x 20 cm or 8 x 10 inch baking dish

parchment paper

aluminum foil

to combine and cook for a minute, then add in the heavy cream, 1/2 tsp nutmeg powder, bay leaf, and season with salt and pepper. Bring to a boil (still on low heat), then immediately remove from the heat and stir in the shredded Pecorino Romano cheese and shredded Gouda cheese. Stir using a wire whisk until the cheese melts and the cheese sauce is thick and creamy. Add the baking powder and egg yolk. Stir to combine.

### ASSEMBLE ZUCCHINI LASAGNA

To assemble the zucchini lasagna, prepare a 25 cm x 20 cm or 8 x 10 inch baking dish. Start with a layer of ground beef meat sauce (about 3 tbsp), followed by a layer of zucchini, meat sauce, cheese sauce, then again a layer of zucchini, meat sauce, cheese sauce. Continue with the layering until you have 4 layers of each component. The last layer should be cheese sauce topped with shredded Gouda cheese. Cover with parchment paper and aluminum foil (make sure the foil doesn't touch the food). Place in a preheated oven. Bake for 10 minutes at 190 °C or 375 °F (covered), then remove the foil and parchment paper and bake for additional 10 - 15 minutes at 200 °C or 390 °F.

### SERVE

Remove the baked Zucchini Lasagna with Ground Beef from the oven and let stand for 5 - 10 minutes before serving. Store any leftovers in an airtight container in a fridge for up to 2 days.