Courgette & Ricotta Lasagne Roll-Ups

Ribbons of courgette stand in for pasta sheets, rolled around a lemony ricotta filling.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**30 min**	**50 min**	**4**	**EASY**

Ingredients

- 4 large courgettes (sliced lengthways into ribbons)
- 250 g ricotta
- 1 egg
- 30 g parmesan (grated)
- 1 lemon zest
- 400 ml passata
- 1 handful fresh basil

Method

1. Heat the oven to 190°C (fan 170°C). Griddle or grill the courgette ribbons for 1 minute each side, just to soften them.
2. Mix the ricotta, egg, half the parmesan, lemon zest and plenty of black pepper together.
3. Spread a spoonful of the ricotta mixture along each courgette ribbon and roll up.
4. Pour half the passata into a baking dish, arrange the rolls seam-side down, then top with the remaining passata and parmesan.
5. Bake for 25 minutes, until bubbling. Scatter with basil to serve.

Tips & swaps

- Salt the courgette ribbons and leave for 10 minutes, then pat dry, if you want them less watery.
- These freeze well before baking — just add a few extra minutes to the cooking time from frozen.

Storage & reheating

Keeps in the fridge for 3 days or freezes unbaked for up to 2 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**16g**	**12g**	**16g**	**4g**

Estimated values, for guidance only. Contains: Egg, Milk.