

Mexican Chicken and Zucchini Low Carb 'Lasagna'

hellóchef

Try our Mexican version of lasagna! We've swapped lasagna sheets for zucchini and added salsa, peppers and beans to make it Mexican.

Cals 981 • Prot 83 • Carbs 48 • Fat 51

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🕒 cook: 60 min

R3524



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Lasagna | 2 ppl | 3 ppl | 4 ppl | |
|------------------------------------|-------|-------|-------|-------|
| Chicken mince | 400 | 600 | 800 | Grams |
| Yellow pepper | 1 | 2 | 2 | Piece |
| Red onion | 1 | 2 | 2 | Piece |
| Garlic cloves | 2 | 3 | 4 | Piece |
| Red kidney beans | 240 | 240 | 480 | Grams |
| Large zucchini | 1 | 1 | 2 | Piece |
| Vegetable oil | 1 | 2 | 2 | Tbsp |
| Salt | 1 | 1 | 2 | Tsp |
| Smoked paprika powder | 2 | 2 | 4 | Grams |
| Fajita seasoning | 5 | 5 | 10 | Grams |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |
| Tomato passata | 200 | 400 | 500 | Grams |
| Mild tomato salsa | 60 | 90 | 120 | Grams |
| Brown sugar | 5 | 5 | 10 | Grams |
| Chicken stock cube 4*, 5*, 9*, 15* | 0.5 | 1 | 1 | Piece |
| Grated orange cheddar 4* | 60 | 90 | 120 | Grams |
| Grated mozzarella 4* | 100 | 150 | 200 | Grams |
| To serve | | | | |
| Fresh coriander | 15 | 15 | 15 | Grams |
| Sour cream 4* | 60 | 90 | 120 | Grams |

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal) | 4103 / 981 |
| Fat (g) | 51.3 |
| of which saturates (g) | 26.9 |
| Carbohydrate (g) | 48 |
| of which sugars (g) | 16.8 |
| Fiber (g) | 13.8 |
| Protein (g) | 83 |
| Salt (g) | 3.9 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. De-seed and finely slice the **yellow peppers**. Peel and finely chop the **onions** and **garlic**. Drain the **red kidney beans**. Cut the **zucchini** in half, then slice it lengthwise. Set aside.



2 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **onions** and **peppers** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic**, **smoked paprika** and **fajita seasoning** and cook for 1 min further.

Tip! This Mexican flavoured lasagna is meant to be mild. If you like it hot, add chilli flakes or chipotle powder for extra spice!



3 Simmer

Add the **chicken mince** and fry for 5 min further or until cooked through. Season with a pinch of **salt** and **pepper**. Add the **tomato passata**, **salsa**, **red kidney beans**, **sugar** and {0.5/1/1} **stock cube** and cook for 4 min further.



4 Bake

Spread 1/3 of the **chicken** mixture over the bottom of a baking dish. Top with half of the **zucchini** slices. Repeat. Finish with a final layer of the **chicken** mixture. Sprinkle with the **grated cheddar** and **mozzarella**. Bake for 25 min.

Tip! Use the grill setting on your oven for the last 5 minutes of baking time! Got any leftover zucchini? Add leftovers to your omelette the following morning!



5 Prep garnish

Meanwhile, roughly chop the **coriander** leaves.



6 Serve

Allow the **lasagna** to cool for 5 min before serving. Divide among bowls and top with the **sour cream** and **fresh coriander**.