

Low-Carb Zucchini Lasagna Roll Ups

Hands-on 25 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 11.2 g, Fiber: 2 g, **Net carbs: 9.2 g,**

Protein: 34 g, Fat: 48.6 g, Calories: 600 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Beef roll-ups::

- 500 g ground beef (1.1 lb)
- 1 cup tomato passata sauce (240 ml/ 8 fl oz)
- 1 tbsp dried oregano *or* [Italian seasoning](#)
- 2 tsp onion powder
- 2 cloves garlic, minced *or* 1/4 tsp garlic powder
- 2 tbsp unsweetened tomato paste (30 g/ 1.1 oz)
- 2 medium zucchini (400 g/ 14.1 oz)

Cheese sauce:

- 1 cup cream cheese, softened (240 g/ 8.5 oz)
- 1/2 cup ricotta cheese (120 g/ 4.2 oz)
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 1 large egg
- 1/2 cup finely grated Parmesan (45 g/ 1.6 oz)
- 2 cups grated mozzarella (226 g/ 8 oz)

Instructions

1. Prepare all the ingredients.
2. In a frying pan, sauté the ground beef, along with the seasonings, until browned. Add the tomato passata and the tomato paste and stir through until combined. Sit aside to cool while you make the cheese sauce.
3. Place the cream cheese and ricotta into the bowl of your stand mixer and mix on med-low until creamy and well combined. Add the egg, cream and parmesan and mix until a smooth sauce is created.
4. Use a mandolin, vegetable peeler or (if you have mad knife skills) a sharp knife to cut the zucchini into ribbons.
5. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Spoon some cheese sauce over the base of

your casserole dish or lasagne pan.

6. Lay a ribbon of zucchini out and place a spoonful of meat mixture along it. Roll up and stand on its end in the baking dish. Continue until all of your mixture has been used up and your pan is full.
7. Scatter the rolls with half of the shredded mozzarella and then gently pour the remaining cheese sauce over the top. (I'll confess that I used way too much sauce for my small baking tray)
8. Finish by covering the top with the rest of your shredded cheese and then bake for 30 minutes.
9. If the top isn't browned enough for your tastes, pop it under the broiler for a couple of minutes to finish it off.
10. This will keep, covered in the fridge, for approx. 5 days. It can also be portioned out and frozen.

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