

Zucchini Pizza Casserole

Meal time: Dinner

Meal course: Main

Meal type: Meat

Difficulty: Medium

Servings: 8

Total time: 40 minutes

Ingredients

450 g ground beef
 160 g part-skim mozzarella cheese, shredded
 1 bell pepper, chopped
 100 g cherry tomatoes, halved
 6-10 black olives
 8 large button mushroom cups
 1 can (425 g) Italian tomato sauce
 1/2 TSP salt
 25 g onion, chopped
 40 g parmesan cheese, grated
 80 g cheddar cheese, shredded

Nutrition Facts

	Amount per serving
Calories	237
Total Fat	12.3g
Saturated Fat	5.9g
Cholesterol	70 mg
Sodium	551 mg
Total Carbohydrate	8 g
Dietary fibre	1 g
Total Sugars	5 g
Protein	24 g
Vitamin D	6 IU
Calcium	272 mg
Iron	2.27 mg
Potassium	436 mg

Instructions

1. Add shredded zucchini to a colander, season with salt and let it stand for 10 minutes. Squeeze out the moisture as much as possible.
2. Bake in a preheated oven at 200 C, for about 20 minutes.
3. In the meantime, cook beef in a large saucepan along with onion, breaking into crumbles, until meat is no longer pink. Once done, drain it.
4. Add in tomato sauce and spoon this mixture into the mushroom cups followed by cheddar and mozzarella cheeses, adding parmesan cheese on top. Add cherry tomatoes and olives. Bake for 20 minutes.

Notes: this recipe is great for meal prep; you can easily freeze baked casserole. Thaw in a refrigerator overnight before using and take it out 30 minutes before baking. To reheat, bake in a preheated oven at 180 °C.