



Zucchini rolls

Main course

Bolognese style

For the Bolognese ...

Sear the ground beef on high heat in 4 tablespoons of olive oil along with the onion cubes, add the tomatoes and season with sugar, salt, and minced rosemary. Simmer for 15 min until reduced to a thick sauce.

To make the rolls ...

Cut the zucchini into longitudinal slices about 5 mm thick, place in a liter of boiling water until soft and drop into an ice water bath to retain the green color. Roll up the zucchini strips leaving a hole in the middle and stuff with the Bolognese.

Ricotta-parmesan cream ...

Blend together the ricotta, parmesan, and egg yolk until smooth. Place a dollop of the ricotta-parmesan cream on each zucchini roll and arrange the rolls on a baking sheet. Heat up in the oven at 160 degrees C for 5-10 min.

Al dente spaghetti ...

Add the spaghetti to 4 liters of boiling water until al dente. Drain, set aside. Shortly before serving the food, sear the pasta in 2 tablespoons of olive oil until heated through. Garnish the rolls with thyme and caper berries. To add even more flavor, you can add some pesto (see mozzarella recipe) to the pasta.



Nutrition value

Energy	772 kcal
Carbohydrates	64 g
BE	5.3
Protein	42 g
Fat	38 g
Potassium	703 mg
Phosphate	537 mg
Sodium	153 mg
Water	393 ml

All nutritional information per serving.
This corresponds to 1/4 of the total recipe.

Ingredients to serve 4

400 g ground beef	2 zucchinis
6 TBSP olive oil	100 g ricotta
1 white onion cut into small cubes	40 g parmesan
200 ml peel tomatoes, well drained	1 egg yolk
1 TSP brown sugar	300 g spaghetti
1 pinch of salt	1 sprig of thyme and
1 sprig of finely chopped rosemary	caper berries for garnishing

