



Beef and Zucchini "Lasagna"

with Spinach and Mozzarella

Carb Smart

30 Minutes



Ground Beef



Zucchini



Baby Spinach



Basil



Italian Seasoning



Mozzarella Cheese,
shredded



Crushed Tomatoes

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, large oven-proof pan, measuring spoons, large bowl

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Zucchini	400 g	800 g
Baby Spinach	56 g	113 g
Basil	7 g	14 g
Italian Seasoning	1 tbsp	2 tbsp
Mozzarella Cheese, shredded	¾ cup	1 ½ cup
Crushed Tomatoes	370 ml	740 ml
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1 Prep

Cut **zucchini** into ¼-inch rounds. Roughly chop **spinach**.



2 Roast zucchini

Add **zucchini**, **half the Italian Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, until tender-crisp, 8-10 min. (**NOTE:** Zucchini will continue to cook in step 5.)



3 Cook beef

While **zucchini** roasts, heat a large oven-proof pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Add **remaining Italian Seasoning** and cook, stirring often, until fragrant, 1 min.



4 Make sauce

Reduce heat to medium, then add **garlic puree** and **crushed tomatoes** to the with **beef**. Cook, stirring occasionally, until **sauce** is slightly thickened, 5-6 min. Stir in **spinach** until wilted, 1-2 min. Season with **salt** and **pepper**. Remove from heat, then transfer **sauce** to a large bowl.



5 Assemble and bake "lasagna"

Spread a **third of the sauce** in the bottom of the pan (**NOTE:** For 4 ppl, assemble "**lasagna**" in a 9x13-inch baking dish). Sprinkle a **third of the cheese** over **sauce**, then top with **half the zucchini**. Repeat layers, ending with **cheese**. Bake in the **middle** of the oven, until **cheese** melts and "**lasagna**" is warmed through, 6-8 min.



6 Finish and serve

Let "**lasagna**" stand at least 5 min before serving. Divide "**lasagna**" between plates. Tear **basil** over top.

Dinner Solved!