



Carb Smart Beef and Zucchini Skillet

with Spinach and Mozzarella

Carb Smart

35 Minutes



Ground Beef



Zucchini



Baby Spinach



Basil



Crushed Tomatoes



Mozzarella Cheese, shredded



Italian Breadcrumbs



Italian Seasoning



Garlic Salt

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, medium oven-proof pan, measuring spoons, large bowl, paper towels

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
Crushed Tomatoes	370 ml	796 ml
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Italian Breadcrumbs	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

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Roast zucchini

- Cut **zucchini** into ¼-inch rounds.
- Add **zucchini**, **half the Italian Seasoning**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender-crisp, 12-14 min.
- Transfer **roasted zucchini** to a paper towel-lined plate.



Make sauce

- Reduce heat to medium, then add **crushed tomatoes**, **basil stems** and **remaining garlic salt** to the pan with **beef**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 6-8 min.
- Add **spinach**. Stir until wilted, 1-2 min. Season with **pepper**, to taste.
- Remove the pan from heat, then transfer **sauce** to a large bowl.



Cook beef

- Meanwhile, heat a medium oven-proof pan over medium-high heat (use a large oven-proof pan for 4 ppl).
- 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**. Cook, stirring often, until fragrant, 1 min.



Assemble and bake

- Pat **roasted zucchini slices** dry with paper towels.
- Spread **a third of the sauce** across the bottom of the same oven-proof pan. (**NOTE:** If you don't have an oven-proof pan, assemble in an 8x8-inch baking dish [9x13 for 4 ppl].)
- Sprinkle **a third of the cheese** over **sauce**, then top with **half the zucchini** and **half the breadcrumbs**.
- Repeat **layers**, ending with **cheese**.
- Bake in the **middle** of the oven until **cheese melts** and **skillet** is warmed through, 6-8 min.



Prep remaining ingredients

- Meanwhile, roughly chop **spinach**.
- Pick **basil leaves** from stems. Keep leaves and stems separate.



Finish and serve

- Let **beef and zucchini skillet** stand for at least 5 min before serving.
- Divide **skillet** between plates.
- Tear **basil leaves** over top.

Dinner Solved!