



Carb Smart Beef and Zucchini Skillet

with Spinach and Mozzarella

Carb Smart 30 Minutes



Ground Beef



Lean Ground Bison



Zucchini



Baby Spinach



Parsley



Italian Seasoning



Mozzarella Cheese, shredded



Crushed Tomatoes



Garlic Salt



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

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
 Lean Ground Bison	250 g	500 g
Zucchini	400 g	800 g
Baby Spinach	56 g	113 g
Parsley	7 g	14 g
Italian Seasoning	1 tbsp	2 tbsp
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Crushed Tomatoes	370 ml	796 ml
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.

Contact

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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, 8-10 min. (**NOTE:** Zucchini will continue to cook in step 5.) Transfer **roasted zucchini** to a paper towel-lined plate.



Cook beef

While **zucchini** roasts, heat a medium oven-proof pan over medium-high heat (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.



Chop spinach

While **beef** cooks, roughly chop **spinach**.

 **CUSTOM RECIPE**

If you've opted to get **bison**, cook it in the same way the recipe instructs you to cook the **beef**.



Make sauce

Reduce heat to medium, then add **crushed tomatoes** 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**. Remove the pan from heat, then transfer **sauce** to a large bowl.



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. 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 **skillet** is warmed through, 6-8 min.



Finish and serve

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

Dinner Solved!