



DEC  
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## Zucchini Noodle Lasagna

We love indulging in Grandma's lasagna every once in a while, but this lighter zucchini noodle version is a dish you can enjoy any night of the week. Our version has all the cheesy, meaty flavour of the original, without that nap-inducing heaviness.



Prep  
30 min



level 1



Ground Beef



Yellow Onion



Garlic



Zucchini



Crushed Tomatoes



Shredded  
Mozzarella



Chili Flakes




Ricotta Cheese



Dried Oregano

## Ingredients

	2 People	4 People
Ground Beef	1 pkg (250 g)	2 pkg (500 g)
Yellow Onion	1 pkg (113 g)	2 pkg (227 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Zucchini	2	4
Crushed Tomatoes	1 box	2 boxes
Mozzarella, shredded	1) 1 pkg (½ cup)	2 pkg (1 cup)
Chili Flakes 	1 pkg (1 tsp)	1 pkg (1 tsp)
Ricotta Cheese	1) 1 pkg (1 cup)	2 pkg (2 cup)
Dried Oregano	1 pkg (1 tsp)	2 pkg (2 tsp)
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Peeler, Large Pan, Measuring Cups, 8x8-Inch Baking Dish (9x13-Inch for 4 people)

Ruler

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**Nutrition per person** Calories: cal | Fat: g | Protein: g | Carbs: g | Fiber: g | Sodium: mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Preheat the broiler to high. (To broil the zucchini lasagna.)**

**2 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Using a vegetable peeler, peel long ribbons from the **zucchini**s, turning after every 3 peels, discarding the seedy cores.



**3 Cook the mixture:** Heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic, ground beef** and as much **chili flakes** as you like. Cook, breaking the meat up into pieces, until no pink remains, 3-5 min. Season with **salt** and **pepper**.



**4 Stir the tomatoes and oregano** into the pan. Cook until saucy, 4-5 min. Set aside.



**5 Assemble the zucchini lasagna:** Oil the bottom and sides of a 8x8-inch baking dish (use a 9x13-inch baking dish for 4 people). Arrange two layers of **zucchini ribbons** at the bottom of the dish. Top with **one-third of the tomato mixture** and dollop **half the ricotta** in spoonfuls over the tomato layer. Repeat with **remaining zucchini, tomato mixture** and **ricotta**. (**TIP:** Alternate the direction of the zucchini ribbons between each layer to help the lasagna keep its shape!) Sprinkle the **mozzarella** evenly over the top.

**6 Bake the lasagna:** Broil the **lasagna** in the centre of the oven until the **zucchini layers** soften and the top is bubbly and golden, 5-8 min. (**TIP:** Keep a close eye on the lasagna so the cheese doesn't burn.)

**7 Finish and serve:** Cut the **broiled lasagna** into slices and enjoy!

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