



More than Food

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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 flavor of the original, without that nap-inducing heaviness.

45 min

level 2

nut free

gluten free



Ground Beef



Yellow Onion



Garlic



Zucchini



Crushed Tomatoes



Shredded Mozzarella



Chili Flakes



Ricotta Cheese



Dried Oregano

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Zucchini	2	4
Crushed Tomatoes	1 box	2 boxes
Shredded Mozzarella	1) ½ C	1 C
Dried Oregano	1 t	2 t
Chili Flakes	1 t	2 t
Ricotta Cheese	1) 8 oz	16 oz
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Dairy

Tools

Large Pan, Baking Dish, Peeler

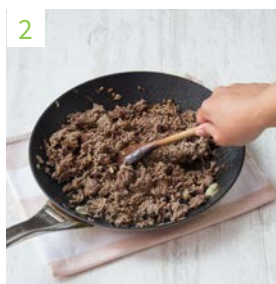
Ruler

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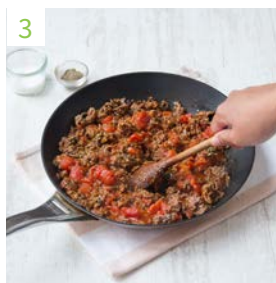
Nutrition per person Calories: 599 cal | Carbs: 40 g | Fat: 31 g | Protein: 47 g | Fiber: 6 g | Sodium: 753 mg



1 Preheat the oven to 425 degrees. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Using a vegetable peeler, shave the **zucchini** into ribbons lengthwise, discarding the seedy cores.

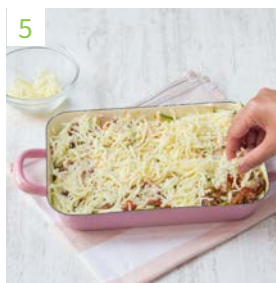


2 Heat **1 Tablespoon olive oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing, for 5 minutes, until softened. Add the **garlic** and **chili flakes** (to taste) to the pan and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**. Add the **ground beef** to the pan and cook, breaking the meat up into pieces, 3-5 minutes, until cooked through. Season with **salt** and **pepper**.



3 Stir the **tomatoes** and **oregano** into the pan and cook for 5 minutes, until bubbling. Season with **salt** and **pepper**.

4 Meanwhile, season the **ricotta** with **salt** and **pepper**.



5 Assemble the **zucchini lasagna**: in the bottom of a greased baking dish, place two layers of **zucchini ribbons**. Top with ⅓ of the **tomato mixture** and ⅓ of the **ricotta**. Repeat for two more layers, then sprinkle with the **mozzarella**.

6 Place in the oven for 20-25 minutes, until **zucchini** has softened and the **cheese** is bubbling. Cut into slices and enjoy!