

# DINNERLY



## Low-Carb Beef Bolognese with Zucchini Ribbons



30-40min



2 Servings

It's zoooooodle time. We swapped the pappardelle with thinly sliced zucchini for a low-carb take on a classic comfort food. Enjoy that savory, saucy beef while feeling a little lighter on your feet. Don't thank us, thank the zoodle! We've got you covered!

### WHAT WE SEND

- 1 medium yellow onion
- 10 oz pkg grass-fed ground beef
- ¾ oz piece Parmesan <sup>7</sup>
- 8 oz can tomato sauce
- 2 pkts chicken broth concentrate
- 2 zucchinis

### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- ½ cup milk <sup>7</sup>

### TOOLS

- medium skillet
- microplane or grater

### COOKING TIP

Before you start cooking, see step 6 for a zoodle hack!

### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 580kcal, Fat 34g, Carbs 33g, Protein 38g



#### 1. Brown beef

Finely chop **onion**. Finely chop **2 teaspoons garlic**.

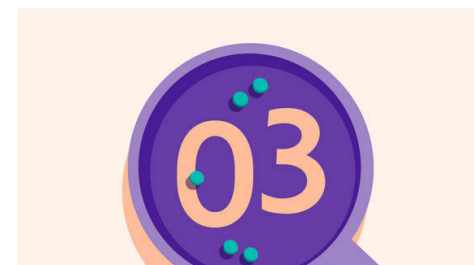
Heat **1 tablespoon oil** in a medium skillet over high until shimmering. Add **beef**, breaking into 1½-inch clumps; cook, without stirring, until browned on the bottom, 3–5 minutes (beef may be gray in spots and still a little pink in the center). Season with **salt** and **pepper**. Transfer to a medium bowl; set aside for step 3.



#### 2. Cook onions & grate Parm

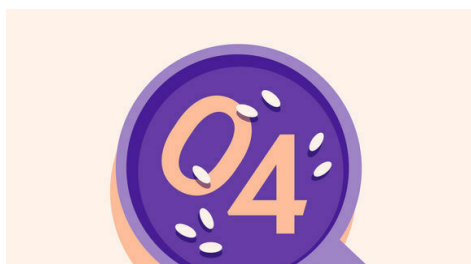
In same skillet over medium-low heat, stir in **onion** and **a pinch of salt**. Cover and cook, stirring occasionally, until onions are completely softened but not yet browned, 6–8 minutes.

While onions cook, finely grate **Parmesan**; set aside until ready to serve.



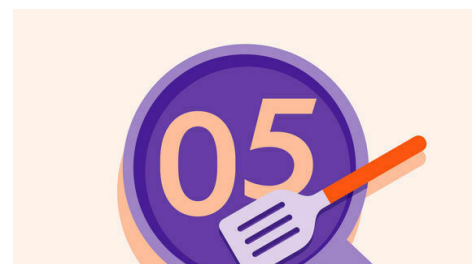
#### 3. Simmer sauce

To skillet with **onions**, add **chopped garlic**; cook, stirring occasionally, until fragrant, about 1 minute. Stir in **beef**, breaking up into smaller pieces. Add **tomato sauce**, **all the broth concentrate**, and **½ cup milk**; scrape up any browned bits from the bottom. Bring to a boil over high heat. Lower to medium; simmer until sauce is reduced by half, about 10 minutes. Season to taste.



#### 4. Make zucchini ribbons

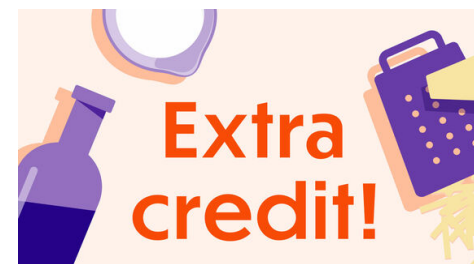
While **sauce** is simmering, use a vegetable peeler to peel **zucchini** from top to bottom into ribbons.



#### 5. Finish & serve

To skillet with **beef**, stir in **zucchini ribbons**; cook over high heat, tossing frequently, until just tender, 1–2 minutes. Remove from heat; stir in **half of the Parmesan**. Season to taste with **salt** and **pepper**.

Serve **beef bolognese** garnished with **remaining Parmesan** and **a drizzle of oil**, if desired. Enjoy!



#### 6. Drain the zucchini!

To avoid too much moisture from escaping from the zucchini into the sauce, place the zucchini ribbons in a colander in the sink and sprinkle all over with salt. Let sit for 30 minutes, then squeeze out any moisture. If they're too salty, just rinse with cold water.