

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 yellow onion
- 8 oz tomato sauce
- 2 pkts chicken broth concentrate
- 2 zucchini
- $\frac{3}{4}$ oz Parmesan ⁷
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- $\frac{1}{2}$ cup milk ⁷

TOOLS

- medium skillet
- microplane or grater

COOKING TIP

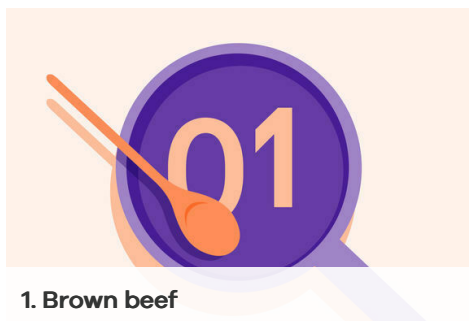
Before you start cooking, see step 6 for a zoodle hack!

ALLERGENS

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

NUTRITION PER SERVING

Calories 580kcal, Fat 28g, Carbs 33g, Protein 39g



1. Brown beef

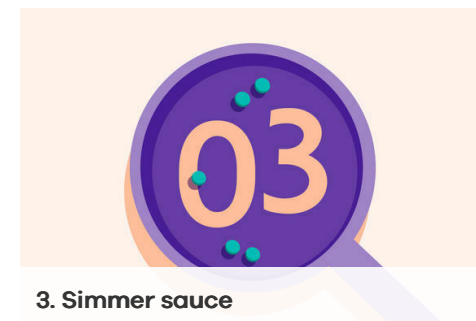
Finely chop **onion**. Finely chop **2 teaspoons garlic**.

Heat **1 tablespoon oil** in a medium skillet over high until shimmering. Add **beef**, breaking into $\frac{1}{2}$ -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.



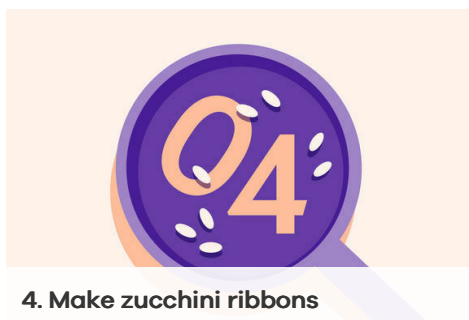
2. Cook onions

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. Add **chopped garlic**; cook, stirring occasionally, until fragrant, about 1 minute.



3. Simmer sauce

Stir **beef** into skillet with **onions**, breaking up into smaller pieces. Add **tomato sauce**, **all of the broth concentrate**, and **$\frac{1}{2}$ cup milk**; scrape up any browned bits from bottom of skillet. Bring to a boil over high heat. Lower heat to medium; simmer until sauce is reduced by half, about 10 minutes. Season to taste with **salt** and **pepper**.



4. Make zucchini ribbons

Meanwhile, use a vegetable peeler to peel **zucchini** from top to bottom into ribbons.

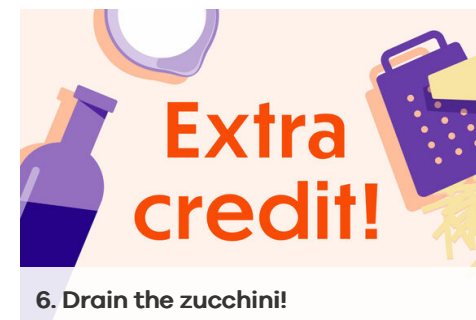
Finely grate **Parmesan**, if necessary.



5. Finish & serve

To skillet with **beef**, stir in **zucchini ribbons**; cook over high heat, tossing frequently, until just tender, 1–2 minutes. Off 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.