

Eggplant Lasagna

with Beef



2 Servings

What we send

- 10 oz pkg grass-fed ground beef
- 1 eggplant
- 2 (4 oz) ricotta ⁷
- 2 (¾ oz) Parmesan ⁷
- 2 (3¾ oz) mozzarella ⁷
- 2 (8 oz) marinara sauce
- 1 zucchini
- 3 oz baby spinach
- ¼ oz Italian seasoning

What you need

Tools

Allergens

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

Nutrition per serving

Calories 980kcal, Fat 53g, Carbs 41g, Protein 75g

1.

¼ inch thick sprinkle with salt and let sit

4.

2.

1 egg in ricotta ½ grated parm 2
teaspoons chopped garlic 1 in spinach
with 2t oil

5.

3.

6.