

## Low Carb: Eggplant Lasagna

with Beef



2 Servings

### What we send

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

### 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.