

Low Carb: Veggie Noodle Lasagna

with Homemade Bolognese Sauce



1,5h



2 Servings

What we send

- 10 oz pkg grass-fed ground beef
- 2 eggplants
- 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
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar

Tools

- medium baking dish
- medium skillet
- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 920kcal, Fat 48g, Carbs 52g, Protein 67g

1. Prep veggies

Preheat oven to 400° F with rack in center. Slice eggplant and zucchini into ¼-inch thick slices lengthwise. Generously sprinkle cut sides of veggies with salt and lay in a single layer. Let sit for 20 minutes to release excess liquid. Press with a paper towel to remove accumulated liquid.

Place veggies in single layer on a parchment lined baking sheet; cook until tender, about 20 minutes.

4. Assemble

Place some of the eggplant in a single layer on the bottom of the baking dish. Add half of the beef bolognese and top with a third of the mozzarella and the parmesan. Add another layer of veggies and then the remaining meat sauce and another third of the cheese. Top with remaining veggies noodles and any remaining cheese. Cover with foil and place on rimmed baking sheet.

2. Prep bolognese

Meanwhile, finely chop 2½ teaspoons garlic. Spread 3 tablespoons marinara sauce evenly over the bottom of a medium baking dish. Finely grate parmesan. Grate mozzarella on large holes of a box grater.

Heat 1 tablespoon oil in medium skillet over medium high. Add ground beef and cook, breaking into smaller pieces, until well browned and cooked through, 5–7 minutes. Drain any excess fat from beef.

5. Bake

Bake covered on center oven rack for 20 minutes. Uncover and bake until top is deeply golden brown and bubbling, another 20 minutes. Let rest for at least 15 minutes uncovered.

3. Make bolognese

Add 2 teaspoons of the garlic and 1½ teaspoons of Italian seasoning. Cook until fragrant. Add remaining tomato sauce to skillet with browned beef and bring to a simmer. Remove from heat and season to taste with salt and pepper.

6. Serve

Meanwhile, in a large bowl, stir to combine remaining garlic, ¼ teaspoon Italian seasoning, 3 tablespoons oil, and 2 tablespoons vinegar. Season to taste with salt and pepper. Add spinach to dressing and toss to evenly coat.

Cut lasagna into squares for serving. Enjoy!