

DINNERLY



Low-Carb No-Noodle Chicken Lasagna with Zucchini & Ricotta



30-40min



2 Servings

We're giving you all the best parts of a lasagna without the extra carbs, so you can feel good about diving in fork-first. Decked out with a savory meat sauce, two types of cheese, and sneaky zucchini "noodles", you might be tempted to make every night Lasagna Night. We've got you covered!

WHAT WE SEND

- 2 zucchini
- ¾ oz Parmesan ²
- 10 oz pkg ground chicken
- ¼ oz Italian seasoning
- 8 oz tomato sauce
- 4 oz ricotta ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- sugar
- 1 large egg ¹

TOOLS

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

ALLERGENS

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 29g, Carbs 24g, Protein 50g



1. Broil zucchini

Preheat broiler with a rack 6 inches from the heat source.

Trim stem ends from **zucchini**, then slice lengthwise into ¼-inch planks. On a rimmed baking sheet, toss with **2 tablespoons oil** and **a generous pinch each of salt and pepper**. Broil on top oven rack until lightly browned and slightly softened, 3–5 minutes per side (watch closely).



2. CHICKEN VARIATION

Finely grate **Parmesan**, if necessary. Finely chop **1 teaspoon garlic**.

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken** and **a pinch of salt**; cook, breaking up into smaller pieces, until browned, 3–5 minutes. Stir in **garlic** and **1 teaspoon of the Italian seasoning**; cook, 1 minute more. Pour off **all but 1 tablespoon fat** from skillet.



3. Finish meat sauce

Add **tomato sauce**, **½ cup water**, and **a pinch each of salt, pepper, and sugar** to same skillet. Bring to a simmer; cook until sauce is thickened and reduced to about 2 cups, about 5 minutes. Stir in **half of the Parmesan**, then season to taste with **salt and pepper**. Transfer meat sauce to a liquid measuring cup.



4. Assemble lasagna

In a medium bowl, whisk together **ricotta**, **1 large egg**, **remaining Parmesan**, and **a generous pinch each of salt and pepper**. Pour **¼ cup meat sauce** into bottom of skillet. Line skillet with **half of the zucchini**, then top with **half of the meat sauce**. Repeat with remaining zucchini and sauce. Dollop **ricotta mixture** evenly over top.



5. Broil lasagna & serve

Drizzle **oil** over **lasagna**, then broil on top oven rack until **ricotta mixture** is golden-brown and bubbling, 2–3 minutes (watch closely). Allow **lasagna** to rest 5 minutes before cutting and serving. Enjoy!



6. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.