



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: RICOTTA CHEESE

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



## 4. SKINNY BEEF LASAGNE

### WITH ZUCCHINI PASTA

 40 Minutes

 4 Servings

Beef bolognese with garlic and thyme, layered with zucchini lasagne sheets. Topped with ricotta cheese and baked in the oven.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
54g	17g	20g

10 February 2020



## FROM YOUR BOX

CELERY STICKS	2
GARLIC	2 cloves
BEEF MINCE	600g
KALE	1/2 bunch *
TOMATO SUGO	1 jar
ZUCCHINIS	3
RICOTTA CHEESE	1 tub
SNOW PEAS	1/2 bag (125g) *
TOMATOES	2
BASIL	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, balsamic vinegar, dried thyme

## KEY UTENSILS

frypan with lid, oven dish

## NOTES

You can add some grated parmesan or cheddar cheese to the ricotta for extra flavour.

Scatter any leftover basil leaves on top of the lasagne.

If you don't have foil, you can cover with an oven tray.

**No beef option - beef mince is replaced with chicken mince.**



### 1. SAUTÉ THE VEGETABLES & BEEF

Set oven to 220°C.

Heat a frypan over medium-high heat with **1 tbsp oil**. Dice celery. Add to pan with crushed garlic and **1 tsp dried thyme**. Add beef mince and cook for 5-6 minutes until browned.



### 2. COOK THE KALE & SIMMER

Slice kale leaves and stir through until wilted. Pour in tomato sugo along with **1 tbsp balsamic vinegar** and **1 cup water**. Cover and simmer for 10 minutes. Season with **salt and pepper** to taste.



### 3. PREPARE THE ZUCCHINI PASTA

Meanwhile, slice each zucchini lengthways into 1/2cm thick strips. Season ricotta well with **salt and pepper**.



### 4. ASSEMBLE THE LASAGNE & COOK

To assemble, alternate layers of zucchini strips and sauce. Repeat until all the sauce and zucchini is used. Finish with a layer of ricotta cheese. Cover with foil (see notes) and bake in oven for 15-20 minutes.



### 5. PREPARE THE SALAD

Meanwhile, trim and slice snow peas. Slice tomatoes into rounds. Pick basil leaves. Layer on a plate. Season with **salt and pepper**. Drizzle with **balsamic vinegar** and **olive oil**.



### 6. FINISH AND PLATE

Divide lasagne between plates and serve with salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

