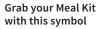


Homey Beef Lasagne & Cheesy Bechamel Sauce

with Veggies

NEW

KID FRIENDLY















Tomato





Garlic & Herb

Seasoning

Beef Mince



Aussie Spice





Tomato Paste

Bechamel Sauce





Fresh Lasagne Sheet





Layers are everything in a lasagne, so pile on the bechamel sauce and beef to fill this lasagne to the brim with wonderous flavour! Topped with Parmesan cheese and served with an abundance of hidden veggies, this is hearty home cooking at its finest.



Olive Oil, Butter, Plain Flour, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan · Medium or large baking dish

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
onion	1/2	1		
tomato	1	2		
baby kale	1 medium bag	2 medium bags		
beef mince	1 small packet	2 small packets OR 1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
Aussie spice blend	1 medium sachet	1 large sachet		
tomato paste	1 packet	2 packets		
water*	½ cup	1 cup		
butter* (for the filling)	20g	40g		
butter* (for the sauce)	20g	40g		
plain flour*	1 tbs	2 tbs		
milk*	½ cup	1 cup		
bechamel sauce	1 medium packet	1 large packet		
grated Parmesan cheese	1 medium packet	1 large packet		
fresh lasagne sheet	1 packet	1 packet		
grated Parmesan cheese**	1 medium packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (850Cal)	635kJ (151Cal)
Protein (g)	48.4g	8.6g
Fat, total (g)	44.8g	8g
- saturated (g)	25.3g	4.5g
Carbohydrate (g)	59g	10.5g
- sugars (g)	19.4g	3.5g
Sodium (mg)	1531mg	273mg
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Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	656kJ (156Cal)
Protein (g)	52.7g	9.2g
Fat, total (g)	48.2g	8.4g
- saturated (g)	27.5g	4.8g
Carbohydrate (g)	59g	10.3g
- sugars (g)	19.4g	3.4g
Sodium (mg)	1623mg	283mg

The quantities provided above are averages only.

Allergens
Always read product labels for the most up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Grate carrot. Finely chop onion (see ingredients) and tomato.
- Roughly chop baby kale.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Start the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook beef mince, breaking up with a spoon, until just browned, 3-4 minutes.
- · Add carrot, tomato and onion and cook until tender. 6-7 minutes.



Finish the filling

- Reduce heat to medium-low, then add garlic & herb seasoning, Aussie spice blend and tomato paste and cook until fragrant, 1 minute.
- · Add the water and butter (for the filling). Stir to combine and cook until slightly thickened, 1-2 minutes.
- Stir through **baby kale**, season to taste with **salt** and pepper.



Make the sauce

- · In a medium saucepan, heat the butter (for the sauce), over medium heat, until melted.
- · Add the plain flour and cook, stirring, until a thin paste forms, 1 minute.
- Remove pan from heat, then slowly whisk in the milk and bechamel sauce until smooth.
- Stir through grated Parmesan cheese, then season with salt and pepper.

Custom Recipe: If you've doubled your grated Parmesan cheese, add to the sauce as above.



Bake the lasagne

- Slice fresh lasagne sheet in half widthways.
- Spoon half the **beef filling** into a baking dish, then top with a layer of lasagne sheets (lay two sheets alongside each other for 4 people). Top with a layer of cheesy white sauce.
- · Repeat with remaining beef filling, lasagne sheets and white sauce.
- Bake lasagne until golden, 20-25 minutes.

Little cooks: Take the lead and help assemble the lasagne!



Serve up

• Divide homey beef and veggie lasagne between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate