



# Hearty Mushroom & Leek Lasagne

with Parmesan White Sauce

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Onion



Button Mushrooms



Leek



Carrot



Fresh Lasagne Sheet



Aussie Spice Blend



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Baby Leaves



Grated Parmesan Cheese



Beef Mince

Prep in: 25-35 mins  
Ready in: 50-60 mins

Calorie Reduced^  
^Custom Recipe is not Calorie Reduced

Lasagnes are a much-loved dinner time staple and with a stack of shrooms', veggies and a delightfully creamy bechamel sauce it will become unbeatable. The sharp Parmesan topping brings an extra zap of flavour and you'll adore how the cheese pulls away in strings when you slice up and serve this gorgeous dinner

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	½	1
button mushrooms	1 medium packet	1 large packet
leek	1	2
carrot	1	2
fresh lasagne sheet	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
crushed & sieved tomatoes	½ tin	1 tin
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
baby leaves	1 medium packet	1 large packet
<b>plain flour*</b>	2 tbs	¼ cup
<b>milk*</b>	1 cup	2 cups
grated Parmesan cheese	2 medium packets	2 large packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1854kJ (443Cal)	367kJ (88Cal)
Protein (g)	17.1g	3.4g
Fat, total (g)	19.6g	3.9g
- saturated (g)	9.2g	1.8g
Carbohydrate (g)	46.1g	9.1g
- sugars (g)	11.1g	2.2g
Sodium (mg)	1313mg	260mg
Dietary Fibre (g)	11.9g	2.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	484kJ (116Cal)
Protein (g)	45.7g	7.2g
Fat, total (g)	37.3g	5.9g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	46.1g	7.3g
- sugars (g)	11.1g	1.8g
Sodium (mg)	1365mg	216mg
Dietary fibre	11.9g	1.9g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic** and **onion (see ingredients)**. Thinly slice **button mushrooms** and white and light green parts of **leek**. Grate **carrot**.
- Slice **fresh lasagne sheet** in half widthways.



## Make the white sauce

- Heat a medium saucepan over medium heat with a drizzle of **olive oil**. Cook the **plain flour**, stirring, until a thick paste forms, **2 minutes**.
- Remove pan from heat, then slowly whisk in the **milk** until smooth.
- Stir through **grated Parmesan cheese**, then season with **salt** and **pepper**.



## Cook the veggies

- In a large frying pan, heat a generous drizzle of **olive oil** over high heat. Cook **mushrooms**, stirring, until tender, **8-10 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a small bowl.
- Return the frying pan to medium-high heat, with a drizzle of **olive oil**. Cook **onion**, **leek** and **carrot**, stirring, until softened, **6-7 minutes**.
- Add **Aussie spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added beef mince, heat frying pan as above without oil. Cook beef mince along with mushrooms, breaking up with a spoon, until just browned and mushrooms are tender, 8-10 minutes. Continue as above.



## Assemble the lasagne

- Spoon half the **veggie mixture** into a baking dish. Top with a **lasagne sheet** (lay two sheets alongside each other for 4 people).
- Repeat with the remaining **veggie mixture** and **lasagne sheets**.
- Arrange **garlicky mushrooms** in a single layer on top of lasagne. Using the back of a spoon, spread the **white sauce** over the **mushrooms**.
- Bake **lasagne** until golden, **20-25 minutes**.



## Cook the sauce

- Reduce heat to medium, then add **crushed & sieved tomatoes (see ingredients)**, **vegetable stock powder**, the **brown sugar**, **butter** and **water** and cook until thickened, **1-2 minutes**.
- Season with **pepper**. Stir through **baby leaves** until wilted.



## Serve up

- Divide mushroom and leek lasagne with Parmesan white sauce between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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