



Oven-Ready Cheesy Beef Lasagne

with Pesto & Cucumber Salad

HEAT & EAT

Grab your Meal Kit with this symbol



Beef Lasagne



Cucumber



Radish



Spinach & Rocket Mix



Basil Pesto

Prep in: **5-15** mins
Ready in: **35-45** mins

Calorie Smart

Our Heat & Eat recipes come with a fully prepared main that's ready to heat in the oven and serve with fresh sides. That means you can enjoy a deliciously satisfying dinner for the whole family without any extra fuss! Lasagnes are a much loved dinnertime staple, but if you don't have time to construct all those layers, then we have the solution right here! Heat up your lasagne and add a fresh basil and cucumber salad.

Pantry items

Olive Oil

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

Oven tray

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef lasagne	1 packet	2 packets
cucumber	1 (medium)	1 (large)
radish	2	3
spinach & rocket mix	1 small bag	1 medium bag
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2674kJ (639Cal)	530kJ (127Cal)
Protein (g)	38.6g	7.6g
Fat, total (g)	33.6g	6.7g
- saturated (g)	10.4g	2.1g
Carbohydrate (g)	50.2g	9.9g
- sugars (g)	10.4g	2.1g
Sodium (mg)	1199mg	237mg

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



2023 | CW31

1



Bake the lasagne

- Preheat oven to **180°C/160°C fan-forced**.
- Remove plastic film from **beef lasagne**.
- Place **lasagne** container on an oven tray, then bake until lasagne is piping hot inside, **40-45 minutes**.

TIP: Using a microwave instead? Poke a few holes in plastic film. Microwave lasagne (in container) on high, until piping hot inside, 10-12 minutes. Carefully remove from microwave and set aside for 1 minute before peeling back the film.

2



Make the salad

- When the lasagne has **5 minutes** remaining, thinly slice **cucumber** and **radish**.
- In a large bowl, combine **cucumber, radish, spinach & rocket leaves, basil pesto** and a drizzle of **olive oil**. Season to taste.

3



Serve up

- Divide cheesy beef lasagne between plates.
- Serve with pesto and cucumber salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate