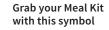


# Oven-Ready Cheesy Beef Lasagne with Pesto & Cucumber Salad

HEAT & EAT













Radish



**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<br>mix | 1 small bag       | 1 medium bag       |
| basil pesto             | 1 packet<br>(50g) | 1 packet<br>(100g) |

<sup>\*</sup>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.



# 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.



### 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.



# Serve up

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

