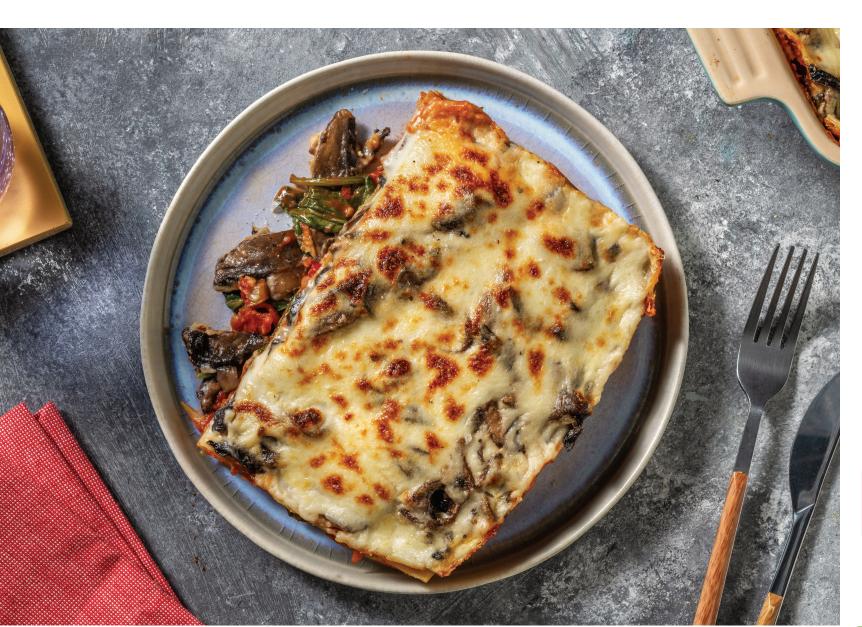


Portabello Mushroom & Veggie Lasagne

with Bechamel Sauce & Parmesan

Grab your Meal Kit with this symbol













Onion



Portabello Mushrooms





Carrot





Aussie Spice



Crushed & Sieved

Tomatoes

Blend



Vegetable Stock



Powder





Bechamel Sauce



Grated Parmesan Cheese





Pantry items

Olive Oil, Butter, Brown Sugar

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

Calorie Smart

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.

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 or large baking dish

Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
celery	1 stalk	2 stalks		
onion	1 (medium)	1 (large)		
portabello mushrooms	1 packet	1 packet		
carrot	1	2		
fresh lasagne sheet	1 medium packet	1 large packet		
Aussie spice blend	1 sachet	1 sachet		
crushed & sieved tomatoes	½ tin	1 tin		
vegetable stock powder	1 medium sachet	1 large sachet		
butter*	20g	40g		
brown sugar*	1 tsp	2 tsp		
water*	¼ cup	½ cup		
baby spinach leaves	1 medium bag	1 large bag		
bechamel sauce	1 medium packet	1 large packet		
grated Parmesan cheese	1 medium packet	1 large packet		
diced bacon**	1 packet	1 packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1934kJ (462Cal)	367kJ (88Cal)
Protein (g)	19.5g	3.7g
Fat, total (g)	18.7g	3.6g
- saturated (g)	11.9g	2.3g
Carbohydrate (g)	50.2g	9.5g
- sugars (g)	15.5g	2.9g
Sodium (mg)	1302mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2519kJ (602Cal)	437kJ (104Cal)
Protein (g)	27.4g	4.8g
Fat, total (g)	30.9g	5.4g
- saturated (g)	16.3g	2.8g
Carbohydrate (g)	50.2g	8.7g
- sugars (g)	15.5g	2.7g
Sodium (mg)	1701mg	295mg

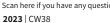
The quantities provided above are averages only.

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

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic, celery and onion. Thinly slice portabello mushrooms. Grate the carrot.
- · Slice fresh lasagne sheet in half widthways.



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 celery, onion 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 diced bacon to your meal, cook bacon with the veggies, breaking up bacon with a spoon, until golden, 6-7 minutes. Continue with step.



Cook the sauce

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



Assemble the lasagne

- Spoon half the veggie mixture into a baking dish. Top with a layer of lasagne sheets (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 bechamel sauce over the mushrooms. Sprinkle over grated Parmesan cheese.



Bake the lasagne

• Bake lasagne until golden, 20-25 minutes.



Serve up

• Divide portabello mushroom and veggie lasagne with Parmesan between plates. Enjoy!

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