



Easy Homemade Beef & Bechamel Lasagne

with Parmesan Cheese & Hidden Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Beef Mince



Carrot



Leek



Celery



Onion



Garlic & Herb Seasoning



Aussie Spice Blend



Tomato Paste



Bechamel Sauce



Grated Parmesan Cheese



Fresh Lasagne Sheet



Diced Bacon

Prep in: 15-25 mins
Ready in: 35-45 mins

Layers of ooey-goey bechamel sauce and beef are filled to the brim in this one-dish wonder! Topped with Parmesan cheese and served with an abundance of hidden veggies this is hearty home cooking at its finest!

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

Pantry items

Olive Oil, Butter, Brown Sugar, 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 baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	2 small packets OR 1 large packet
carrot	1	2
leek	1	2
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
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)	30g	60g
brown sugar*	1 tsp	2 tsp
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
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3852kJ (921Cal)	655kJ (157Cal)
Protein (g)	49.3g	8.4g
Fat, total (g)	49.2g	8.4g
- saturated (g)	28g	4.8g
Carbohydrate (g)	65.5g	11.1g
- sugars (g)	25.1g	4.3g
Sodium (mg)	1573mg	268mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4437kJ (1060Cal)	695kJ (166Cal)
Protein (g)	57.2g	9g
Fat, total (g)	61.4g	9.6g
- saturated (g)	32.5g	5.1g
Carbohydrate (g)	65.5g	10.3g
- sugars (g)	25.1g	3.9g
Sodium (mg)	1972mg	309mg

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

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1



Cook the beef

- Preheat oven to **240°C/220°C fan-forced**.
- 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, **4-5 minutes**.
- Meanwhile, grate **carrot**. Thinly slice white and light green parts of **leek**. Finely chop **celery** and **onion**.

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

Custom Recipe: If you've added diced bacon to your meal, cook bacon with the beef mince, breaking up with a spoon, until just golden, 4-5 minutes.

3



Bake the lasagne

- Heat a medium saucepan over medium heat. Add **butter (for the sauce)** and 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**. Whisk until smooth. Stir through **grated Parmesan cheese**, then season with **salt** and **pepper**.
- 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).
- Repeat with remaining **beef filling** and **lasagne sheets**. Evenly spread **white sauce** over the top. Bake **lasagne** until golden, **20-25 minutes**.

2



Cook the filling

- Add **carrot**, **leek**, **celery** and **onion** to the frying pan and cook until tender, **4-5 minutes**.
- 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**, **butter (for the filling)** and the **brown sugar**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat. Season with **salt** and **pepper**.

Little cooks: Kids can help out with measuring the water.

4



Serve up

- Divide beef and bechamel lasagne with Parmesan cheese between plates. Enjoy!

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