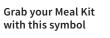


Monster Beef, Bacon & Mushroom Lasagne

with Growling Greens & Basil Pesto

SEASONAL SPECIAL

KID FRIENDLY









Portabello Mushrooms





Fresh Lasagne Sheet



Soffritto Mix









Garlic Paste



Aussie Spice







Tomato Sugo

Bechamel Sauce

Grated Parmesan





Shredded Cheddar Cheese

Baby Broccoli





Green Beans



Basil Pesto



Flaked Almonds



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

Large frying pan · Medium or large baking dish

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
portabello mushrooms	1 packet	1 packet		
fresh lasagne sheet	1 medium packet	1 large packet		
soffritto mix	1 packet (150g)	1 packet (300g)		
diced bacon	1 packet	1 packet		
beef mince	1 small packet	2 small packets OR 1 large packet		
garlic paste	1 medium packet	1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
water*	1/4 cup	½ cup		
tomato sugo	1 medium packet	1 large packet		
bechamel sauce	1 large packet	2 large packets		
grated Parmesan cheese	1 medium packet	1 large packet		
shredded Cheddar cheese	1 packet (80g)	2 packets (160g)		
baby broccoli	1 bag	1 bag		
green beans	1 bag (200g)	1 bag (400g)		
basil pesto	1 packet (50g)	1 packet (100g)		
flaked almonds	1 packet	2 packets		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5608kJ (1340Cal)	641kJ (153Cal)
Protein (g)	75.4g	8.6g
Fat, total (g)	86.6g	9.9g
- saturated (g)	39g	4.5g
Carbohydrate (g)	57.4g	6.6g
- sugars (g)	21.6g	2.5g
Sodium (mg)	2171mg	248mg

The quantities provided above are averages only.

Allergens

2023 | CW43

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.



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
 Thinly slice portabello mushrooms. Slice fresh lasagne sheet in half widthways.
- Heat a large frying pan over high heat with a drizzle of olive oil. Cook mushrooms, soffritto mix and diced bacon, breaking up with a spoon, until tender and golden, 6-8 minutes. Transfer to a bowl.



Make the filling

- Return the frying pan to high heat with a drizzle
 of olive oil. Cook beef mince, breaking up with a
 spoon, until browned, 3-4 minutes.
- Add garlic paste and Aussie spice blend, then return the bacon and veggies to the pan and cook, stirring, until fragrant, 1-2 minutes.
- Add the water and tomato sugo and cook until slightly reduced, 1-2 minutes.



Make the cheesy sauce

 Meanwhile, combine bechamel sauce and grated Parmesan cheese in a medium bowl.
 Season with pepper.



Assemble the lasagne

- Spoon half the filling into a baking dish, then top with a layer of lasagne sheets (lay two sheets alongside each other for 4 people). Follow with a layer of cheesy sauce.
- Repeat with the remaining filling, lasagne sheets and cheesy sauce. Top evenly with shredded Cheddar cheese.
- Bake lasagne until golden, 20-25 minutes.



Cook the greens

- Meanwhile, roughly chop baby broccoli. Trim ends of green beans.
- Wipe out frying pan and return to medium-high heat. Cook baby broccoli and green beans until tender, 5-6 minutes. Season to taste.

TIP: Add a dash of water to the pan to help the veggies cook.



Serve up

- Divide monster beef and bacon lasagne between plates.
- Cut off one corner of the basil pesto packet and draw a fun face on the lasagne. Assemble green beans and baby broccoli as hair and flaked almonds as teeth for the monster. Enjoy!



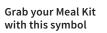




Deathly White Chocolate Chip Brownies with Peanut Butter & Oozy Berry Compote

SEASONAL SPECIAL

KID FRIENDLY









Chocolate Brownie





Peanut Butter



Berry Compote



Prep in: 15-25 mins

Ready in: 1 hr 30 mins-1 hr 40 mins

Pantry items Butter, Eggs

Before you start

Wash your hands and any fresh food

You will need

Baking tin lined with baking paper

Ingredients

	4 People
butter*	150g
eggs*	3
chocolate brownie mix	1 medium packet
white chocolate chips	1 medium packet
peanut butter	1 packet
berry compote	1 medium packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5015kJ (1198Cal)	1658kJ (396Cal)
Protein (g)	17.9g	5.9g
Fat, total (g)	35.3g	11.7g
- saturated (g)	17.8g	5.9g
Carbohydrate (g)	198.9g	65.8g
- sugars (g)	168.8g	55.8g
Sodium (mg)	291mg	96mg
Dietary Fibre (g)	5.4g	1.8g

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.



Get prepped

- Preheat oven to 180°C/160°C fan-forced. Line a 20cm square baking tin.
- Melt the **butter** in the microwave or in a saucepan.



Make the batter

- Crack the eggs into a large bowl. Add chocolate brownie mix, white **chocolate chips**, the melted **butter** and a pinch of **salt**. Stir with a wooden spoon until well combined.
- Transfer **brownie mixture** to the baking tin and spread with the back of a wooden spoon. Dollop over **peanut butter**.
- Using a knife or fork, swirl **peanut butter** into the **brownie mixture** to create a marble effect.



Bake the brownies

• Bake brownies for 25-35 minutes or until just firm to the touch but still a little soft in the middle. Set aside to cool.

TIP: To check if the brownies are done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownie more cakey and less fudgey, bake for an extra 5 minutes.

TIP: The brownies will firm up more once they've cooled. Allow to cool completely in the baking tin.



Serve up

- Once brownie has cooled, slice brownies into squares.
- Drizzle over **berry compote** and divide between plates to serve. Enjoy!

TIP: Store any leftover brownies in an airtight container in fridge!



^{*}Nutritional information is based on 4 servings