



Hidden Veggie & Lentil Lasagne

with Parmesan Cheese

MEAT-FREE MARVELS

Grab your Meal Kit with this symbol



Courgette



Onion



Garlic



Fresh Lasagne Sheet



Carrot



Lentils



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Baby Spinach Leaves



Bechamel Sauce



Grated Parmesan Cheese



Beef Mince

Prep in: 20-30 mins
Ready in: 45-55 mins

Construction is key when making a good lasagne but maybe more importantly is what you pack in. Lay a sheet of lasagne and begin adding the rich tomato sauce dotted with hidden sautéed veggies. Then another lasagne sheet and more sauce and more and more! Don't forget the Parmesan to give this meat-free marvel extra oomph.

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

Pantry items

Olive Oil, Brown Sugar, Butter, 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 frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
fresh lasagne sheet	1 medium packet	1 large packet
carrot	1	2
lentils	1 tin	2 tins
garlic & herb seasoning	1 medium sachet	1 large sachet
crushed & sieved tomatoes	1 tin	2 tins
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
butter*	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
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2805kJ (670Cal)	390kJ (93Cal)
Protein (g)	28.1g	3.9g
Fat, total (g)	19.6g	2.7g
- saturated (g)	12.3g	1.7g
Carbohydrate (g)	88.1g	12.3g
- sugars (g)	19.6g	2.7g
Sodium (mg)	2200mg	306mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4001kJ (956Cal)	474kJ (113Cal)
Protein (g)	56.7g	6.7g
Fat, total (g)	37.3g	4.4g
- saturated (g)	20.1g	2.4g
Carbohydrate (g)	88.1g	10.4g
- sugars (g)	19.6g	2.3g
Sodium (mg)	2237mg	265mg

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](https://www.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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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **courgette**, **onion** and **garlic**. Slice **fresh lasagne sheet** in half widthways.
- Grate the **carrot**. Drain and rinse **lentils**.

Custom Recipe: If you've added beef mince to your meal, only rinse half the lentils.



Make the lentil filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **courgette**, **onion** and **carrot**, stirring, until softened, **7-8 minutes**.
- Add **garlic** and **garlic & herb seasoning**, and cook until fragrant, **1-2 minutes**.
- Add **crushed & sieved tomatoes**, **vegetable stock powder**, **lentils**, the **brown sugar** and **water** and cook until thickened, **4-6 minutes**.
- Season with **salt** and **pepper**. Stir through **baby spinach leaves** until wilted, **1-2 minutes**.

Custom Recipe: Add beef mince before the veggies and cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with the step.



Assemble the lasagne

- Spoon half the **lentil filling** into a baking dish. Top with a layer of **lasagne sheets** (lay two sheets alongside each other for 4 people).
- Repeat with the remaining **lentil filling** and **lasagne sheets**.



Bake the lasagne

- Top with **bechamel sauce mixture** and sprinkle over **grated Parmesan cheese**.
- Bake **lasagne** until golden, **20-25 minutes**.



Make the bechamel sauce

- While the filling is cooking, heat a medium frying pan over medium heat. Add the **butter** and **plain flour**. 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. Season.



Serve up

- Divide hidden veggie and lentil lasagne between plates. Enjoy!

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