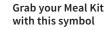


Hidden Veggie & Lentil Lasagne with Parmesan Cheese

MEAT-FREE MARVELS















Sheet



Carrot





Garlic & Herb



Seasoning

Crushed & Sieved **Tomatoes**



Vegetable Stock



Powder





Bechamel Sauce



Grated Parmesan Cheese



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.

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

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	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*	1/4 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 for allergen and ingredient
information. If you have received a substitute ingredient,
please be aware allergens may have changed.

We're here to help!

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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



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.



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.



Serve up

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



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