

# Hearty Mushroom & Leek Lasagne with Bechamel Sauce & Parmesan

Grab your Meal Kit with this symbol





Pantry items Olive Oil, Butter, Brown Sugar

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



adore how the cheese pulls away in strings when you slice up and serve this gorgeous dinner.

bechamel sauce it will become unbeatable. The sharp Parmesan topping brings an extra zap of flavour and you'll

# 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	1 (medium)	1 (large)
button mushrooms	1 packet	1 packet
leek	1	2
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*	1⁄4 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		

# Nutrition

NULTUON			
Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2006kJ (479Cal)	364kJ (87Cal)	
Protein (g)	20.3g	3.7g	
Fat, total (g)	19.6g	3.6g	
- saturated (g)	12g	2.2g	
Carbohydrate (g)	51.9g	9.4g	
- sugars (g)	16.6g	3g	
Sodium (mg)	1432mg	260mg	

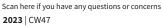
#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	431kJ (103Cal)
Protein (g)	28.2g	4.7g
Fat, total (g)	31.8g	5.3g
- saturated (g)	16.4g	2.7g
Carbohydrate (g)	51.9g	8.6g
- sugars (g)	16.7g	2.8g
Sodium (mg)	1831mg	305mg

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!





### Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic and onion. Thinly slice button mushrooms and white and light green parts of leek. 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 **onion**, **leek** 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.



# Bake the lasagne

• Bake lasagne until golden, 20-25 minutes.



# Add 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.



#### Serve up

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

# Rate your recipe

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Spoon half the veggie mixture into a baking

dish. Top with a lasagne sheet (lay two sheets

Repeat with the remaining veggie mixture and

• Arrange garlicky mushrooms in a single layer on

top of lasagne. Using the back of a spoon, spread

bechamel sauce over the mushrooms. Sprinkle

Assemble the lasagne

alongside each other for 4 people).

over grated Parmesan cheese.

lasagne sheets.