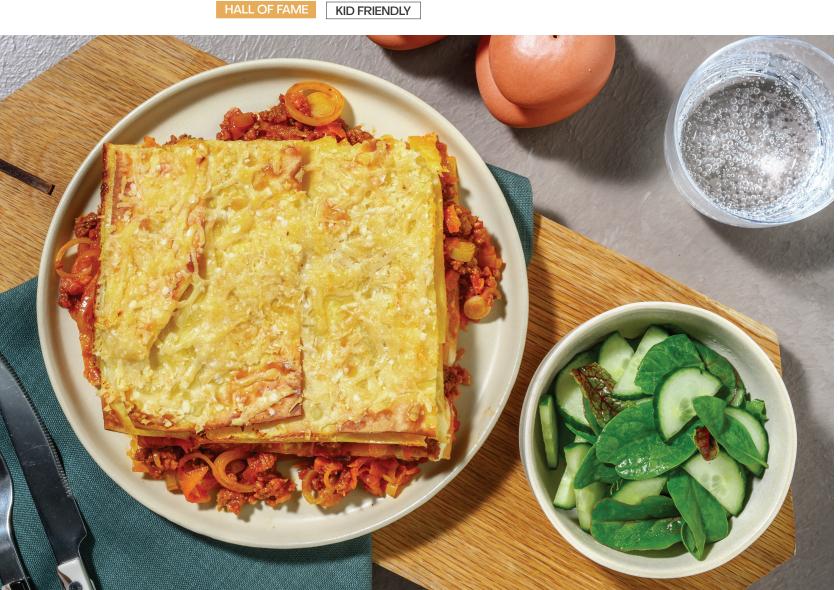
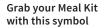


# Cheesy Beef & Bacon Ragu Lasagne with Cucumber Salad

KID FRIENDLY















Diced Bacon





Beef Mince





Tomato Paste



**Grated Parmesan** Cheese



Fresh Lasagne Sheet





Mixed Salad Leaves



Cucumber

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

Have you ever had a saucy beef ragu in a lasagne, we would love to try it out. Let's whip one up with bacon and a Parmesan cheese mash topping. The layers of ragu will create a lasagne that everyone will be raving about.

**Pantry items** 

Olive Oil, Brown Sugar, Butter, Plain Flour, Milk, Balsamic Vinegar

# 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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
leek	1	2
onion	1 (medium)	1 (large)
diced bacon	1 packet	1 packet
beef mince	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
water*	½ cup	1 cup
butter*	40g	80g
plain flour*	2 tbs	1/4 cup
milk*	1 cup	2 cups
grated Parmesan cheese	1 large packet	2 large packets
fresh lasagne sheet	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
beef & pork mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4199kJ (1004Cal)	591kJ (141Cal)
Protein (g)	62.1g	8.7g
Fat, total (g)	55.6g	7.8g
- saturated (g)	28.5g	4g
Carbohydrate (g)	58.8g	8.3g
- sugars (g)	20.8g	2.9g
Sodium (mg)	1526mg	215mg

# Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4166kJ</b> (996Cal)	587kJ (140Cal)
Protein (g)	60.2g	8.5g
Fat, total (g)	57g	8g
- saturated (g)	28.2g	4g
Carbohydrate (g)	58.8g	8.3g
- sugars (g)	20.8g	2.9g
Sodium (mg)	1531mg	216mg

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

2023 | CW50



# Start the filling

- Preheat oven to 220°C/200°C fan-forced. Grate the carrot. Thinly slice leek. Finely chop onion.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon and beef mince, breaking up with a spoon, until just browned, 4-5 minutes.

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

**Custom Recipe:** If you've swapped beef mince to beef & pork mince, cook in the same way as above.



# Finish the filling

- Add carrot, leek and onion to the frying pan and cook until tender, 7-8 minutes.
- Reduce heat to medium, then add Aussie spice blend and tomato paste and cook until fragrant, 1-2 minutes.
- Add the brown sugar and water. Stir to combine and cook until slightly thickened, 2-3 minutes.
- Remove from heat. Season with pepper.



## Make the bechamel sauce

- While the filling is cooking, heat a medium saucepan over medium heat. Add the **butter** and **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Slowly whisk in the milk and cook, stirring, until thickened, 1-2 minutes. Remove pan from heat, then stir through half the grated Parmesan cheese. Season with salt and pepper.



# Assemble & bake the lasagne

- Slice fresh lasagne sheet in half widthways.
- 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 bechamel sauce. Sprinkle over remaining Parmesan cheese.
- Bake lasagne until golden, 20-25 minutes.

**Little cooks:** Add the finishing touch and sprinkle over the cheese.



# Make the cucumber salad

- When the lasagne has **5 minutes** remaining, thinly slice **cucumber** into half-moons.
- In a large bowl, combine mixed salad leaves, cucumber and a drizzle of balsamic vinegar and olive oil. Season to taste.



# Serve up

- Divide cheesy beef and bacon ragu lasagne between plates.
- Serve with cucumber salad. Enjoy!



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