



Beef & Mushroom Ragu Cannelloni

with Radish Salad & Garlicky Baby Broccoli

TASTE TOURS



Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Mushrooms



Fresh Lasagne Sheet



Beef Mince



Herb & Mushroom Seasoning



Tomato Paste



Beef-Style Stock Powder



Tomato Sugo



Bechamel Sauce



Grated Parmesan Cheese



Baby Broccoli



Radish



Salad Leaves

Prep in: 35-45 mins
Ready in: 60-70 mins

This dish is wrapped and stacked with juicy flavours that we can't get enough of. Goey Parmesan cheese is melted over cannelloni that's been stuffed with a tomato-based beef filling with pops of veggies in every bite to make your mouth water. Enough waiting, let's eat!

Pantry items

Olive Oil, Butter, Brown Sugar, 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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
onion	½	1
garlic	3 cloves	6 cloves
mushrooms	1 packet	2 packets
fresh lasagne sheet	1 packet	2 packets
butter*	20g	40g
beef mince	1 small packet	2 small packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
beef-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
tomato sugo	1 medium packet	1 large packet
bechamel sauce	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
baby broccoli	½ bag	1 bag
radish	2	4
salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4087kJ (977Cal)	521kJ (125Cal)
Protein (g)	57.4g	7.3g
Fat, total (g)	38.8g	4.9g
- saturated (g)	20.7g	2.6g
Carbohydrate (g)	93.5g	11.9g
- sugars (g)	27.3g	3.5g
Sodium (mg)	1560mg	199mg

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.

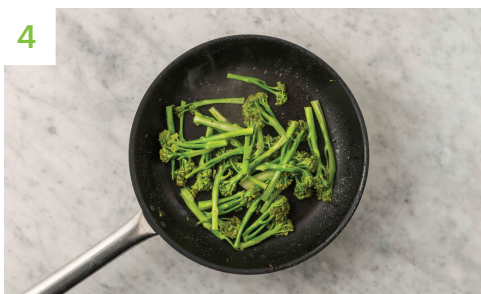
1



Start the filling

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **celery, onion (see ingredients)** and **garlic**. Thinly slice **mushrooms**. Slice **fresh lasagne sheet** in thirds widthways.
- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **6-8 minutes**.
- Add **onion and celery** and cook until tender, **4-5 minutes**. Transfer to a medium bowl.

4



Sauté the baby broccoli

- When the cannelloni has **15 minutes** remaining, wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli (see ingredients)**, tossing, until tender, **5-6 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Remove pan from heat and season to taste.

2



Finish the filling

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **herb & mushroom seasoning, tomato paste** and half the **garlic** and cook until fragrant, **1-2 minutes**.
- Return **veggies** to the pan, then add **beef-style stock powder, the brown sugar and water**, and simmer until reduced and thickened, **2-3 minutes**. Season with **salt and pepper** to taste.

TIP: For best results, drain the oil from the pan after mince is browned.

5



Make the salad

- Meanwhile, thinly slice **radish**.
- In a second medium bowl, combine **salad leaves, radish** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

3



Assemble the cannelloni

- Spoon half the **tomato sugo** into the bottom of a baking dish.
- Lay cut **lasagne sheets** on a flat surface. Spoon **ragu filling** down one long edge of each cut sheet. Roll sheets up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining **sheets and ragu filling**, ensuring they fit together snugly in the baking dish. Top with remaining **sugo**, spread over **bechamel sauce** and sprinkle over **grated Parmesan cheese**.
- Bake **cannelloni** until golden, **20-35 minutes**.

6



Serve up

- Bring everything to table to serve.
- Help yourself to beef and mushroom ragu cannelloni, radish salad and garlicky baby broccoli. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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