



Homey Beef Lasagne & Cheesy Bechamel Sauce with Veggies

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Onion



Tomato



Baby Kale



Beef Mince



Garlic & Herb Seasoning



Aussie Spice Blend



Tomato Paste



Bechamel Sauce



Grated Parmesan Cheese



Fresh Lasagne Sheet



Grated Parmesan Cheese

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

Layers are everything in a lasagne, so pile on the bechamel sauce and beef to fill this lasagne to the brim with wonderful flavour! Topped with Parmesan cheese and served with an abundance of hidden veggies, this is hearty home cooking at its finest.

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

Pantry items

Olive Oil, 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 saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	½	1
tomato	1	2
baby kale	1 medium bag	2 medium bags
beef mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
butter* (for the filling)	20g	40g
butter* (for the sauce)	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
fresh lasagne sheet	1 packet	1 packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (850Cal)	635kJ (151Cal)
Protein (g)	48.4g	8.6g
Fat, total (g)	44.8g	8g
- saturated (g)	25.3g	4.5g
Carbohydrate (g)	59g	10.5g
- sugars (g)	19.4g	3.5g
Sodium (mg)	1531mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	656kJ (156Cal)
Protein (g)	52.7g	9.2g
Fat, total (g)	48.2g	8.4g
- saturated (g)	27.5g	4.8g
Carbohydrate (g)	59g	10.3g
- sugars (g)	19.4g	3.4g
Sodium (mg)	1623mg	283mg

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

2024 | CW04



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**. Finely chop **onion (see ingredients)** and **tomato**.
- Roughly chop **baby kale**.

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

4



Make the sauce

- In a medium saucepan, heat the **butter (for the sauce)**, over medium heat, until melted.
- Add the **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Remove pan from heat, then slowly whisk in the **milk** and **bechamel sauce** until smooth.
- Stir through **grated Parmesan cheese**, then season with **salt** and **pepper**.

Custom Recipe: If you've doubled your grated Parmesan cheese, add to the sauce as above.

2



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **carrot, tomato** and **onion** and cook until tender, **6-7 minutes**.

5



Bake the lasagne

- Slice **fresh lasagne sheet** in half widthways.
- Spoon half the **beef filling** into a baking dish, then top with a layer of **lasagne sheets** (lay two sheets alongside each other for 4 people). Top with a layer of **cheesy white sauce**.
- Repeat with remaining **beef filling, lasagne sheets** and **white sauce**.
- Bake **lasagne** until golden, **20-25 minutes**.

Little cooks: Take the lead and help assemble the lasagne!

3



Finish the filling

- Reduce heat to medium-low, then add **garlic & herb seasoning, Aussie spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Add the **water** and **butter (for the filling)**. Stir to combine and cook until slightly thickened, **1-2 minutes**.
- Stir through **baby kale**, season to taste with **salt** and **pepper**.

6



Serve up

- Divide homey beef and veggie lasagne between plates. Enjoy!

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