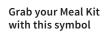


Hearty Mushroom & Leek Lasagne with Parmesan White Sauce

EXPLORER

CLIMATE SUPERSTAR













Button Mushrooms





Leek

Carrot





Aussie Spice



Tomatoes

Blend



Vegetable Stock Powder



Baby Leaves



Grated Parmesan Cheese





Lasagnes are a much-loved dinner time staple and with a stack of shrooms', veggies and a delightfully creamy bechamel sauce it will become unbeatable. The sharp Parmesan topping brings an extra zap of flavour and you'll adore how the cheese pulls away in strings when you slice up and serve this gorgeous dinner

Calorie Reduced^ ^Custom Recipe is not Calorie Reduced

Prep in: 25-35 mins

Ready in: 50-60 mins

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

Pantry items

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

 $\label{eq:large_problem} \mbox{Large frying pan} \cdot \mbox{Medium saucepan} \cdot \mbox{Medium or large} \\ \mbox{baking dish}$

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
onion	1/2	1	
button mushrooms	1 medium packet	1 large packet	
leek	1	2	
carrot	1	2	
fresh lasagne sheet	1 medium packet	1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
crushed & sieved tomatoes	½ tin	1 tin	
vegetable stock powder	1 medium sachet	1 large sachet	
brown sugar*	1 tsp	2 tsp	
butter*	20g	40g	
water*	1/4 cup	½ cup	
baby leaves	1 medium packet	1 large packet	
plain flour*	2 tbs	1/4 cup	
milk*	1 cup	2 cups	
grated Parmesan cheese	2 medium packets	2 large packets	
beef mince**	1 medium packet	2 medium packets OR 1 large packet	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1854kJ (443Cal)	367kJ (88Cal)
Protein (g)	17.1g	3.4g
Fat, total (g)	19.6g	3.9g
- saturated (g)	9.2g	1.8g
Carbohydrate (g)	46.1g	9.1g
- sugars (g)	11.1g	2.2g
Sodium (mg)	1313mg	260mg
Dietary Fibre (g)	11.9g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	484kJ (116Cal)
Protein (g)	45.7g	7.2g
Fat, total (g)	37.3g	5.9g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	46.1g	7.3g
- sugars (g)	11.1g	1.8g
Sodium (mg)	1365mg	216mg
Dietary fibre	11.9g	1.9g

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.



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic and onion (see ingredients).
 Thinly slice button mushrooms and white and light green parts of leek. Grate 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 beef mince, heat frying pan as above without oil. Cook beef mince along with mushrooms, breaking up with a spoon, until just browned and mushrooms are tender, 8-10 minutes. Continue as above.



Cook the sauce

- Reduce heat to medium, then add crushed & sieved tomatoes (see ingredients), vegetable stock powder, the brown sugar, butter and water and cook until thickened, 1-2 minutes.
- Season with pepper. Stir through baby leaves until wilted.



Make the white sauce

- Heat a medium saucepan over medium heat with a drizzle of olive oil. Cook the plain flour, stirring, until a thick paste forms, 2 minutes.
- Remove pan from heat, then slowly whisk in the milk until smooth.
- Stir through grated Parmesan cheese, then season with salt and pepper.



Assemble the lasagne

- Spoon half the veggie mixture into a baking dish. Top with a lasagne sheet (lay two sheets alongside each other for 4 people).
- Repeat with the remaining veggie mixture and lasagne sheets.
- Arrange garlicky mushrooms in a single layer on top of lasagne. Using the back of a spoon, spread the white sauce over the mushrooms.
- Bake lasagne until golden, 20-25 minutes.



Serve up

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



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