

Homemade Beef Lasagne & White Sauce

with Parmesan Cheese & Hidden Veggies

KID FRIENDLY

Grab your meal kit
with this number

43



Beef Mince



Carrot



Leek



Celery



Onion



Garlic & Herb
Seasoning



Herb & Mushroom
Seasoning



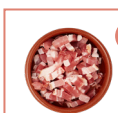
Tomato Paste



Grated Parmesan
Cheese



Fresh Lasagne
Sheet



Diced
Bacon



Pork
Mince

Prep in: 15-25 mins
Ready in: 35-45 mins

Layers of ooey-goey bechamel sauce and beef are filled to the brim in this one-dish wonder! Topped with Parmesan cheese and served with an abundance of hidden veggies this is hearty home cooking at its finest!

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
beef mince	1 medium packet	2 medium packets OR 1 large packet
carrot	1	2
leek	1	2
celery	1 stalk	2 stalks
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
herb & mushroom seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
butter* (for the filling)	20g	40g
brown sugar*	1 tsp	2 tsp
butter* (for the sauce)	40g	80g
plain flour*	2 tbs	¼ cup
milk*	1 cup	2 cup
grated Parmesan cheese	2 medium packets	2 large packets
fresh lasagne sheet	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4164kJ (995Cal)	618kJ (148Cal)
Protein (g)	54.6g	8.1g
Fat, total (g)	52.2g	7.7g
- saturated (g)	29.9g	4.4g
Carbohydrate (g)	72.6g	10.8g
- sugars (g)	24.4g	3.6g
Sodium (mg)	1510mg	224mg
Dietary Fibre (g)	10.5g	1.6g

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

2024 | CW25



1



Start the filling

- Preheat oven to **240°C/220°C fan-forced**.
- 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, **4-5 minutes**.
- Meanwhile, grate **carrot**. Thinly slice white and light green parts of **leek**. Finely chop **celery** and **onion** (see ingredients).
- Add **carrot, leek, celery** and **onion** to the frying pan and cook until tender, **4-5 minutes**.

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

3



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).
- Repeat with remaining **beef filling** and **lasagne sheets**.
- Evenly spread **white sauce** over the top. Bake until golden, **20-25 minutes**.

CUSTOM OPTIONS

+ **ADD DICED BACON**
Follow method above, cook with filling until browned, 4-5 minutes.

↻ **SWAP TO PORK MINCE**
Follow method above.

2



Finish the filling

- Reduce heat to medium-low, then add **garlic & herb seasoning, herb & mushroom seasoning** and **tomato paste** and cook until fragrant, **1 minute**.
- Add the **water, butter (for the filling)** and the **brown sugar**. Stir to combine and cook until slightly thickened, **2-3 minutes**. Remove from heat. Season with **salt** and **pepper**.
- Heat a medium saucepan over medium heat. Add **butter (for the sauce)** and the **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Remove pan from heat, then slowly whisk in the **milk**. Whisk until smooth. Stir through **grated Parmesan cheese**, then season with **salt** and **pepper**.

4



Serve up

- Divide beef lasagne with white sauce between plates. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

