

Hearty Mushroom & Leek Lasagne

with Parmesan White Sauce

Grab your meal kit with this number

9



Garlic



Onion



Button Mushrooms



Leek



Carrot



Fresh Lasagne Sheet



Nan's Special Seasoning



Vegetable Stock Powder



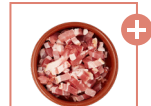
Passata



Baby Leaves



Grated Parmesan Cheese



Diced Bacon



Beef Mince

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

Calorie Reduced

Lasagnes are a much-loved dinner time staple and with a stack of shrooms', veggies and a delightfully creamy sauce it will become unbeatable. The sharp Parmesan stirred through the sauce brings an extra zap of flavour that you'll adore.

Pantry items

Olive Oil, Brown Sugar, Butter, 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
garlic	3 cloves	6 cloves
onion	½	1
button mushrooms	1 medium packet	1 large packet
leek	1	2
carrot	1	2
fresh lasagne sheet	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
passata	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	¼ cup	½ cup
baby leaves	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
milk*	1 cup	2 cups
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1882kJ (450Cal)	372kJ (89Cal)
Protein (g)	17.7g	3.5g
Fat, total (g)	19.5g	3.9g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	47.6g	9.4g
- sugars (g)	13.1g	2.6g
Sodium (mg)	1234mg	244mg
Dietary Fibre (g)	10.6g	2.1g

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.



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**.



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 **Nan's special seasoning** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



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**.



Cook the sauce

- Reduce heat to medium, then add **vegetable stock powder**, **passata**, the **brown sugar**, **butter** and **water** and cook until thickened, **1-2 minutes**. Season to taste.
- Season with **pepper**. Stir through **baby leaves** until wilted.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



ADD DICED BACON

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

