

Hidden Veggie & Black Bean Lasagne

with Parmesan Cheese

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Recipe Update
 We've replaced the lentils in this recipe with black beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Celery



Onion



Garlic



Carrot



Fresh Lasagne Sheets



Black Beans



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



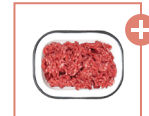
Vegetable Stock Powder



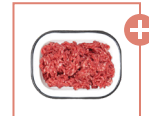
Baby Leaves



Grated Parmesan Cheese



Beef Mince



Beef & Pork Mince

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

Protein Rich

Calorie Smart

Construction is key when making a good lasagne but maybe more importantly is what you pack in. Lay a sheet of lasagne and begin adding the rich tomato sauce dotted with hidden sautéed veggies. Then another lasagne sheet and more sauce and more and more! Don't forget the Parmesan to give this meat-free marvel extra oomph.

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 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
carrot	1	2
fresh lasagne sheets	1 medium packet	1 large packet
black beans	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
baby leaves	1 small packet	1 medium packet
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	½ cup	1 cup
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (616Cal)	391kJ (93Cal)
Protein (g)	31.6g	4.8g
Fat, total (g)	15g	2.3g
- saturated (g)	8.8g	1.3g
Carbohydrate (g)	80.2g	12.2g
- sugars (g)	20.5g	3.1g
Sodium (mg)	2461mg	373mg
Dietary Fibre (g)	19.1g	2.9g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **celery, onion (see ingredients)** and **garlic**.
- Grate **carrot**.
- Slice **fresh lasagne sheets** in half widthways.
- Drain and rinse **black beans**.



Assemble the lasagne

- Spoon half the **bean filling** into a baking dish. Top with a layer of **lasagne sheets** (lay two sheets alongside each other for 4 people).
- Repeat with the remaining **bean filling** and **lasagne sheets**.



Make the black bean filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery, onion** and **carrot**, stirring, until softened, **7-8 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.
- Add **diced tomatoes, vegetable stock powder, black beans, the brown sugar** and **water** and cook until thickened, **2-3 minutes**. Season with **salt** and **pepper**.
- Add **baby leaves** and stir until wilted.



Bake the lasagne

- Top with **white sauce** and sprinkle with **grated Parmesan cheese**.
- Bake **lasagne** until golden, **20-25 minutes**.



Make the sauce

- While the filling is cooking, heat a medium frying pan over medium heat. Cook the **butter** and **plain flour**, stirring, until a thin paste forms, **1 minute**.
- Remove pan from heat, then slowly whisk in the **milk**. Whisk until smooth. Season to taste.



Serve up

- Divide hidden veggie and black bean lasagne between plates to serve. Enjoy!

CUSTOM OPTIONS

+ ADD BEEF MINCE

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

+ ADD BEEF & PORK 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.

