



Cheesy Beef Lasagne

with Hidden Veggies & Cucumber Salad

KID FRIENDLY

Grab your meal kit with this number

3



Carrot



Courgette



Onion



Beef Mince



Nan's Special Seasoning



Tomato Paste



Grated Parmesan Cheese



Fresh Lasagne Sheets



Cucumber



Mixed Salad Leaves



Beef & Pork Mince



Pork Mince

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

Have you ever had a saucy beef ragu in a lasagne, we would love to try it out. Let's whip one up with Parmesan cheese topping. The layers of ragu will create a lasagne that everyone will be raving about.

Pantry items

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

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
carrot	1	2
courgette	1	2
onion	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
water*	½ cup	1 cup
butter*	40g	80g
plain flour*	2 tbs	¼ cup
milk*	1 cup	2 cups
grated Parmesan cheese	1 large packet	2 large packets
fresh lasagne sheets	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4265kJ (1019Cal)	526kJ (125Cal)
Protein (g)	61.8g	7.6g
Fat, total (g)	56.2g	6.9g
- saturated (g)	28.6g	3.5g
Carbohydrate (g)	63.7g	7.9g
- sugars (g)	21.4g	2.6g
Sodium (mg)	1198mg	148mg
Dietary Fibre (g)	10.7g	1.3g

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.



Start the filling

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**. Slice **courgette** into rounds. Finely chop **onion (see ingredients)**.
- 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**.

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



Finish the filling

- Add **carrot, courgette** and **onion** to the frying pan and cook until tender, **7-8 minutes**.
- Reduce heat to medium, then add **Nan's special seasoning** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and **water**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat. Season with **pepper**.



Make the béchamel sauce

- While the filling is cooking, heat a medium saucepan over medium heat. Add the **butter** and **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Slowly whisk in the **milk** and cook, stirring, until thickened, **1-2 minutes**. Remove pan from heat, then stir through half the **grated Parmesan cheese**. Season with **salt** and **pepper**.



Assemble the lasagne

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

Little cooks: Add the finishing touch and sprinkle over the cheese.



Make the cucumber salad

- When the lasagne has **5 minutes** remaining, thinly slice **cucumber** into half-moons.
- In a large bowl, combine **mixed salad leaves, cucumber** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Serve up

- Divide cheesy beef lasagne between plates.
- Serve with cucumber salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM
OPTIONS



SWAP TO BEEF & PORK MINCE
Follow method above.



SWAP TO PORK MINCE
Follow method above.

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

