



Beef Lasagne & Bechamel Sauce

with Parmesan Cheese & Hidden Veggies

Grab your Meal Kit with this symbol



Carrot



Tomato



Garlic & Herb Seasoning



Tomato Paste



Beef-Style Stock Powder



Baby Spinach Leaves



Fresh Lasagne Sheet



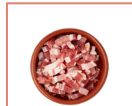
Bechamel Sauce



Grated Parmesan Cheese



Beef Mince



Diced Bacon

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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!

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

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 packet	1 packet
carrot	1	2
tomato	1	2
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	½ cup	1 cup
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
fresh lasagne sheet	1 medium packet	1 large packet
bechamel sauce	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (783Cal)	760kJ (181Cal)
Protein (g)	45g	10.4g
Fat, total (g)	41g	9.5g
- saturated (g)	23.4g	5.4g
Carbohydrate (g)	51.1g	11.8g
- sugars (g)	18g	4.2g
Sodium (mg)	1378mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3864kJ (923Cal)	802kJ (191Cal)
Protein (g)	52.9g	11g
Fat, total (g)	53.1g	11g
- saturated (g)	27.8g	5.8g
Carbohydrate (g)	51.1g	10.6g
- sugars (g)	18g	3.7g
Sodium (mg)	1777mg	369mg

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

2022 | CW29



1



Cook the beef

- 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**. Roughly chop **tomato**.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with the beef mince, breaking up with a spoon, until just golden, 4-5 minutes.

3



Bake the lasagne

- Slice **fresh lasagne sheet** in half widthways.
- Spoon 1/2 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 **bechamel sauce** over the top and sprinkle over **grated Parmesan cheese**.
- Bake until golden, **20-25 minutes**.

Little cooks: Take the lead and help assemble the lasagne!

2



Make the sauce

- Add **carrot** and **tomato** to the frying pan and cook until tender, **2-3 minutes**.
- Reduce heat to medium-low, then add **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **beef-style stock powder**, the **water**, **butter** and the **brown sugar**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat, then add **baby spinach leaves** and stir until wilted. Season with **salt** and **pepper**.

Little cooks: Kids can help out with measuring the water.

4



Serve up

- Divide beef lasagne and bechamel sauce with Parmesan cheese between plates. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.co.nz/rate