



Beef & Mushroom Ragu Cannelloni

with Pear-Rocket Salad & Garlicky Greens

TASTE TOURS

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Button Mushrooms



Herb & Mushroom Seasoning



Tomato Paste



Beef-Style Stock Powder



Green Beans



Pear



Rocket Leaves



Fresh Lasagne Sheet



Beef Mince



Tomato Sugo



Bechamel Sauce



Grated Parmesan Cheese

 **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: **35-45 mins**
Ready in: **60-70 mins**

This dish is wrapped and stacked with juicy flavours that we can't get enough of. Goey Parmesan cheese is melted over cannelloni that's been stuffed with a tomato-based beef filling with pops of veggies in every bite to make your mouth water. Enough waiting, let's eat!

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

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
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
button mushrooms	1 packet	1 packet
fresh lasagne sheet	1 packet	2 packets
butter*	20g	40g
beef mince	1 packet	1 packet (or 2 packets)
herb & mushroom seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
tomato sugo	1 packet (200g)	1 packet (400g)
bechamel sauce	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
green beans	1 bag (100g)	1 bag (200g)
pear	½	1
rocket leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3967kJ (948Cal)	558kJ (133Cal)
Protein (g)	57.4g	8.1g
Fat, total (g)	39.1g	5.5g
- saturated (g)	20.8g	2.9g
Carbohydrate (g)	84.7g	11.9g
- sugars (g)	22.6g	3.2g
Sodium (mg)	1572mg	221mg

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



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Cook the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **celery, onion** and **garlic**. Thinly slice **button mushrooms**. Slice **fresh lasagne sheet** in thirds widthways.
- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** until browned and softened, **6-8 minutes**.
- Add **onion** and **celery** cook until tender, **4-5 minutes**. Transfer to a medium bowl.



Sauté the greens

- When the cannelloni has **15 minutes** remaining, trim **green beans**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Remove pan from heat and season to taste.



Make the ragu filling

- Return the pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **herb & mushroom seasoning, tomato paste** and 1/2 the **garlic**, and cook until fragrant, **1-2 minutes**.
- Return **veggies** to the pan, then add **beef-style stock powder, the brown sugar** and **water**, and simmer until reduced and thickened, **2-3 minutes**. Season with **salt** and **pepper** to taste.

TIP: For best results, drain the oil from the pan after mince is browned.



Make the salad

- Meanwhile, thinly slice **pear** (see ingredients) into wedges.
- In a second medium bowl, combine **rocket leaves, pear** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Assemble & bake the cannelloni

- Spoon 1/2 the **tomato sugo** into the bottom of a baking dish.
- Lay cut **lasagne sheets** on a flat surface. Spoon **ragu filling** down one long edge of each cut **sheet**. Roll **sheets** up tightly and place, seam-side down, in the baking dish.
- Repeat with remaining **sheets** and **ragu filling**, ensuring they fit together snugly in the baking dish. Top with remaining **sugo**, spread over **bechamel sauce** and sprinkle over **grated Parmesan cheese**.
- Bake until golden, **20-30 minutes**.



Serve up

- Bring everything to table to serve.
- Help yourself to beef and mushroom ragu cannelloni, pear-rocket salad and garlicky greens. Enjoy!

Rate your recipe

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