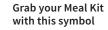
Cheesy Veggie Lasagne with Tomato & Balsamic Salad

















Carrot

Crushed & Sieved

Tomatoes



Herb & Mushroom



Seasoning



Vegetable Stock



Powder





Bechamel Sauce

Salad Leaves



Fresh Lasagne



Sheet



Grated Parmesan Cheese



Pantry items

Olive Oil, Balsamic Vinegar

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



Oh the lasagne, it's so alluring, irresistible some would say so we've made a veggie option for you. Veggies are hidden throughout the layers of fresh pasta sheets, slathered in a bechamel sauce and topped with cheese. It truly is too hard to resist.

Before you start Remember to wash your hands for 20 seconds

before you get cooking. You'll also need to give your fruit and

You will need

Large frying pan · Medium baking dish

Ingredients

in ign concinco			
	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
carrot	1	2	
fresh lasagne sheet	1 medium packet	1 large packet	
herb & mushroom seasoning	1 sachet	2 sachets	
crushed & sieved tomatoes	½ tin	1 tin	
vegetable stock powder	1 medium sachet	1 large sachet	
baby spinach leaves	1 small bag	1 medium bag	
bechamel sauce	1 medium packet	1 large packet	
grated Parmesan cheese	1 packet (60g)	2 packets (120g)	
salad leaves	1 small bag	1 medium bag	
balsamic vinegar*	drizzle	drizzle	
diced bacon**	1 packet	1 packet	

*Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1902kJ (455Cal)	406kJ (97Cal)
Protein (g)	22g	4.7g
Fat, total (g)	16.9g	3.6g
- saturated (g)	10.7g	2.3g
Carbohydrate (g)	51.3g	11g
- sugars (g)	15g	3.2g
Sodium (mg)	1563mg	334mg
Custom Pecine		

Energy (kJ) 2487kJ (594Cal) 480kJ (114Cal) Protein (g) 29.9g 5.8g 29.1g 5.6g Fat, total (g) - saturated (g) 15.2g 2.9g Carbohydrate (g) 51.3g 9.9g 15g 2.9g - sugars (g) Sodium (mg) 1962mg 379mg

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



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut tomato into bite-sized chunks. Finely chop onion and garlic. Grate the carrot. Slice fresh lasagne sheet in half widthways.



Sauté the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion and carrot until softened, 3-4 minutes.
- · Add garlic and herb & mushroom seasoning and cook until fragrant, 1 minute.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with veggies, breaking up with a spoon, until softened, 3-4 minutes. Continue with step.



Cook the sauce

- Add crushed & sieved tomatoes (see ingredients), vegetable stock powder and a dash of water, and cook until slightly reduced, 1-2 minutes.
- Stir through baby spinach leaves. Season with salt and pepper.



Bake the lasagne

- Spoon 1/2 of the veggie 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 veggie filling, lasagne sheets and bechamel sauce.
- Sprinkle over **grated Parmesan cheese**, then bake until golden, 20-25 minutes.



Toss the salad

• When the lasagne has 5 minutes remaining, combine tomato, salad leaves and a drizzle of balsamic vinegar and olive oil in a medium bowl. Season to taste.



Serve up

- Divide cheesy veggie lasagne between plates.
- Serve with tomato and balsamic salad. Enjoy!



