



Cheesy Veggie Lasagne

with Tomato & Balsamic Salad

Grab your Meal Kit with this symbol



Tomato



Onion



Garlic



Carrot



Herb & Mushroom Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Baby Spinach Leaves



Salad Leaves



Bechamel Sauce



Fresh Lasagne Sheet



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!



Diced Bacon

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.

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

Pantry items

Olive Oil, 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 baking dish

Ingredients

	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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2487kJ (594Cal)	480kJ (114Cal)
Protein (g)	29.9g	5.8g
Fat, total (g)	29.1g	5.6g
- saturated (g)	15.2g	2.9g
Carbohydrate (g)	51.3g	9.9g
- sugars (g)	15g	2.9g
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](https://www.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



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.



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**.



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.



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.



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**.



Serve up

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

Rate your recipe

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