



Hidden Veggie & Lentil Lasagne

with Green Salad & Parmesan

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Carrot



Lentils



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Salad Leaves



Fresh Lasagne Sheet



Bechamel Sauce



Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 20-30 mins
Ready in: 45-55 mins



Construction is key when making a good lasagne but maybe more importantly is what you pack in. Lay a sheet of lasagne and begin adding the rich tomato sauce dotted with hidden sautéed veggies. Then another lasagne sheet and more sauce and more and more! Don't forget the Parmesan to give it an extra zap.

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 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 |
| fresh lasagne sheet | 1 medium packet | 1 large packet |
| carrot | 1 | 2 |
| lentils | 1 tin | 2 tins |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| crushed & sieved tomatoes | 1 tin | 2 tins |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| butter* | 20g | 40g |
| brown sugar* | 1 tsp | 2 tsp |
| water* | ¼ cup | ½ cup |
| bechamel sauce | 1 medium packet | 1 large packet |
| grated Parmesan cheese | 1 packet (30g) | 1 packet (60g) |
| salad leaves | 1 small bag | 1 medium bag |
| balsamic vinegar* | drizzle | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2490kJ (595Cal) | 382kJ (91Cal) |
| Protein (g) | 27.4g | 4.2g |
| Fat, total (g) | 19.9g | 3.1g |
| - saturated (g) | 12.2g | 1.9g |
| Carbohydrate (g) | 70.7g | 10.9g |
| - sugars (g) | 20.3g | 3.1g |
| Sodium (mg) | 1494mg | 229mg |

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **celery, onion** and **garlic**. Slice **fresh lasagne sheet** in half widthways. Grate the **carrot**. Drain and rinse **lentils**.

Little cooks: Kids can take charge by rinsing the lentils!



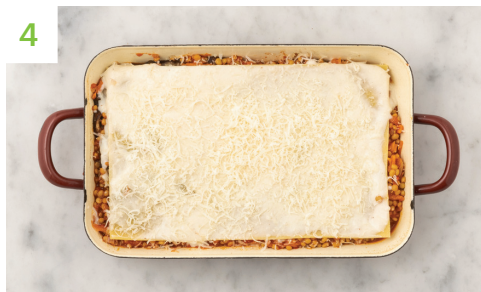
Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery, onion** and **carrot**, stirring, until softened, **7-8 minutes**.
- Add **garlic** and **garlic & herb seasoning**, and cook until fragrant, **1-2 minutes**.



Finish the filling

- Reduce heat to medium, then add **crushed & sieved tomatoes, vegetable stock powder, lentils, the butter, brown sugar** and the **water** and cook until thickened, **4-6 minutes**. Season with **salt** and **pepper**.



Assemble the lasagne

- Spoon 1/2 the **lentil 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 **lentil filling** and **lasagne sheets**.
- Top with **bechamel sauce** and sprinkle over **grated Parmesan cheese**. Bake until golden, **20-25 minutes**.

Little cooks: Kids can take charge of assembling the lasagne!



Make the salad

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

Little cooks: Take the lead by combining the salad!



Serve up

- Divide hidden veggie and lentil lasagne between plates.
- Serve with green salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW25

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