



Hidden Veggie & Lentil Lasagne with Parmesan

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Onion



Carrot



Garlic



Lentils



Herb & Mushroom Seasoning



Crushed & Sieved Tomatoes



Aussie Spice Blend



Baby Spinach Leaves



Fresh Lasagne Sheet



Bechamel Sauce



Grated Parmesan Cheese



Beef Mince

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 into it. Lay a sheet of lasagne and begin adding the rich tomato sauce dotted with hidden sautéed veggies and lovely mushroom seasoning. Then another lasagne sheet and more sauce and more and more! Don't forget the Parmesan to give it an extra zap.

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
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
carrot	1	2
lentils	1 tin	2 tins
fresh lasagne sheet	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
crushed & sieved tomatoes	1 tin	2 tins
Aussie spice blend	1 sachet	1 sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
bechamel sauce	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2494kJ (596Cal)	388kJ (93Cal)
Protein (g)	26.6g	4.1g
Fat, total (g)	19.7g	3.1g
- saturated (g)	12.4g	1.9g
Carbohydrate (g)	72.7g	11.3g
- sugars (g)	20.1g	3.1g
Sodium (mg)	1430mg	223mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3690kJ (882Cal)	481kJ (115Cal)
Protein (g)	55.2g	7.2g
Fat, total (g)	37.5g	4.9g
- saturated (g)	20.3g	2.6g
Carbohydrate (g)	72.7g	9.5g
- sugars (g)	20.1g	2.6g
Sodium (mg)	1467mg	191mg

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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Get prepped

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

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



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**.

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



Sauté the veggies

- 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 **herb & mushroom seasoning**, and cook until fragrant, **1-2 minutes**.

Custom Recipe: Add beef mince before the celery and cook, breaking up with a spoon, until browned, 4-5 minutes.



Bake the lasagne

- Top with **bechamel sauce** and sprinkle over **grated Parmesan cheese**. Bake until golden, **20-25 minutes**.



Make the sauce

- Reduce heat to medium, then add **crushed & sieved tomatoes, Aussie spice blend, lentils,** the **butter, brown sugar** and the **water** and cook until thickened, **4-6 minutes**. Season with **salt** and **pepper**.
- Stir through **baby spinach leaves** until wilted, **1-2 minutes**.



Serve up

- Divide hidden veggie and lentil lasagne between plates. Enjoy!

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