



Hidden Veggie, Mushroom & Lentil Lasagne

with Green Salad & Parmesan

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Portabello Mushrooms



Carrot



Lentils



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Salad Leaves



Fresh Lasagne Sheet



Bechamel Sauce



Grated Parmesan Cheese

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 it. Lay a sheet of lasagne and begin adding the rich tomato sauce dotted with hidden sautéed veggies and lovely mushrooms. 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
portabello mushrooms	1 packet	1 packet
carrot	1	2
fresh lasagne sheet	1 medium packet	1 large packet
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)	2555kJ (611Cal)	340kJ (81Cal)
Protein (g)	29.5g	3.9g
Fat, total (g)	19.9g	2.6g
- saturated (g)	12.2g	1.6g
Carbohydrate (g)	70.7g	9.4g
- sugars (g)	20.3g	2.7g
Sodium (mg)	1498mg	199mg

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.



Get prepped

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

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**.
- 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!



Sauté the veggies

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



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!



Make the sauce

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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