



Pork & Veggie Lasagne

with Bechamel Sauce & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Celery



Onion



Carrot



Aussie Spice Blend



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



Baby Spinach Leaves



Fresh Lasagne Sheet



Pork Mince



Bechamel Sauce



Grated Parmesan Cheese



Beef Mince

Prep in: 25-35 mins
Ready in: 50-60 mins

Lasagnas are a much-loved dinnertime staple and with some spiced pork, veggies and a delightfully creamy bechamel sauce it will become unbeatable. The sharp Parmesan topping brings an extra zap of flavour and you'll adore how the cheese pulls away in strings when you slice up and serve this gorgeous dinner.

Pantry items

Olive Oil, Brown Sugar, Butter

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
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
carrot	1	2
fresh lasagne sheet	1 medium packet	1 large packet
pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
water*	½ cup	1 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 (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2925kJ (699Cal)	543kJ (130Cal)
Protein (g)	41.8g	7.8g
Fat, total (g)	36.5g	6.8g
- saturated (g)	19.9g	3.7g
Carbohydrate (g)	49.8g	9.2g
- sugars (g)	15.4g	2.9g
Sodium (mg)	1349mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3216kJ (769Cal)	597kJ (143Cal)
Protein (g)	46g	8.5g
Fat, total (g)	41g	7.6g
- saturated (g)	22.8g	4.2g
Carbohydrate (g)	49.8g	9.2g
- sugars (g)	15.4g	2.9g
Sodium (mg)	1314mg	244mg

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 | CW49



Get prepped

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

Little cooks: Under adult supervision, older kids can help grate the carrot.



Finish the filling

- Return **veggies** to the pan, then add **crushed & sieved tomatoes** (see ingredients), **beef-style stock powder**, the **brown sugar**, **butter** and the **water**. Cook until slightly thickened, **2-3 minutes**.
- Add **baby spinach leaves** and stir until wilted. Season to taste.



Sauté the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **celery**, **onion** and **carrot**, stirring, until softened, **6-8 minutes**. Transfer to a bowl and set aside.



Bake the lasagne

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

Little cooks: Add the finishing touch by sprinkling over the cheese!



Cook the pork

- Return pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **garlic** and **Aussie spice blend**, cooking until fragrant, **1-2 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above.



Serve up

- To serve, divide pork and veggie lasagne with bechamel between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate