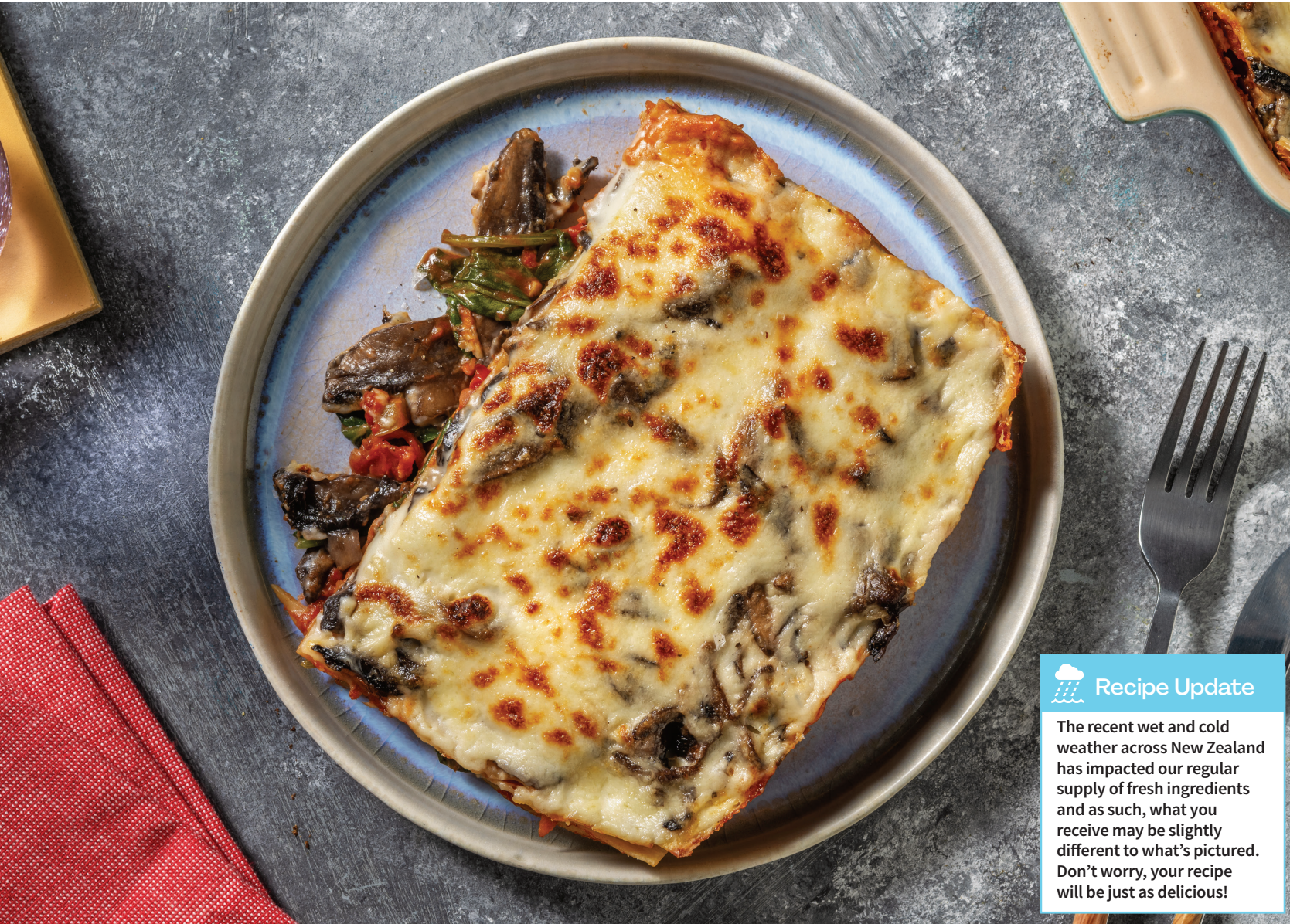




# Portabello Mushroom & Veggie Lasagne

with Bechamel Sauce & Parmesan

Grab your Meal Kit with this symbol



Garlic



Celery



Onion



Portabello Mushrooms



Carrot



Aussie Spice Blend



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Baby Spinach Leaves



Fresh Lasagne Sheet



Bechamel Sauce



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!

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

 Calorie Smart

Lasagnes are a much-loved dinnertime staple and with a stack of shrooms', 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, 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
portabello mushrooms	1 packet	1 packet
carrot	1	2
fresh lasagne sheet	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	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)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1967kJ (470Cal)	376kJ (90Cal)
Protein (g)	19.8g	3.8g
Fat, total (g)	19.2g	3.7g
- saturated (g)	12.2g	2.3g
Carbohydrate (g)	50.9g	9.7g
- sugars (g)	15.8g	3g
Sodium (mg)	1308mg	250mg

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://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 **240°C/220°C fan-forced**.
- Finely chop **garlic**, **celery** and **onion**. Thinly slice **portabello mushrooms**. Grate the **carrot**.
- Slice **fresh lasagne sheet** in half widthways.



## Assemble the lasagne

- Spoon 1/2 of the **veggie mixture** 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 mixture** and **lasagne sheets**.
- Arrange **mushrooms** in a single layer on top of **lasagne**. Using the back of a spoon, spread **bechamel sauce** over the **mushrooms**. Sprinkle over **grated Parmesan cheese**.



## Cook the veggies

- In a large frying pan, heat a generous drizzle of **olive oil** over high heat. Cook **mushrooms**, stirring, until tender, **8-10 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a small bowl.
- Return the frying pan to medium-high heat, with a drizzle of **olive oil**. Cook **carrot**, **celery** and **onion**, stirring, until softened, **6-7 minutes**.
- Add **Aussie spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



## Bake the lasagne

- Bake **lasagne** until golden, **20-25 minutes**.



## Cook the sauce

- Reduce heat to medium, then add **crushed & sieved tomatoes** (see ingredients), **vegetable stock powder**, the **butter**, **brown sugar** and the **water** and cook until thickened, **1-2 minutes**. Season with a pinch of **pepper**.
- Stir through **baby spinach leaves** until wilted.



## Serve up

- Divide portabello mushroom and veggie lasagne with Parmesan between plates. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)