



Portabello Mushroom & Veggie Lasagne

with Bechamel Sauce & Plant-Based Parmesan

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Portabello Mushrooms



Carrot



Fresh Lasagne Sheet



Aussie Spice Blend



Crushed & Sieved Tomatoes



Vegetable Stock Powder



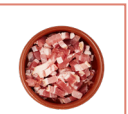
Baby Spinach Leaves



Bechamel Sauce



Plant-Based Grated Parmesan



Diced Bacon

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 plant-based 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.

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

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
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
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
plant-based grated Parmesan	1 packet	2 packets
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1924kJ (460Cal)	376kJ (90Cal)
Protein (g)	19g	3.7g
Fat, total (g)	18.7g	3.7g
- saturated (g)	11.9g	2.3g
Carbohydrate (g)	50.2g	9.8g
- sugars (g)	15.5g	3g
Sodium (mg)	1288mg	252mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2509kJ (600Cal)	447kJ (107Cal)
Protein (g)	27g	4.8g
Fat, total (g)	30.9g	5.5g
- saturated (g)	16.3g	2.9g
Carbohydrate (g)	50.2g	8.9g
- sugars (g)	15.5g	2.8g
Sodium (mg)	1687mg	300mg

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

2023 | CW17



Get prepped

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



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 the remaining **garlic** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with carrot, celery and onion, breaking up with a spoon, until golden, 6-7 minutes. Continue with step.



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.



Assemble the lasagne

- Spoon 1/2 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 **garlicky mushrooms** in a single layer on top of lasagne. Using the back of a spoon, spread **bechamel sauce** over the mushrooms. Sprinkle over **plant-based grated Parmesan**.

TIP: The plant-based cheese has a unique texture, use less or leave it out if you're not a fan!



Bake the lasagne

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



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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