



Rustic Green Veggie & Tomato Lasagne

with Parmesan Cheese

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Broccoli



Zucchini



Mediterranean Seasoning



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Fresh Lasagne Sheets



Parmesan Cheese

Prep in: 20-30 mins
Ready in: 50-60 mins



Calorie Smart*

*Custom recipe is not Calorie Smart

Who said a lasagne required mince? We certainly think that this green veggie-loaded version is here to contest the best and with a cheesy topping, how could you possibly resist?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Milk

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 saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
zucchini	1	2
Mediterranean seasoning	1 medium sachet	2 medium sachets
diced tomatoes with garlic & onion	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the red sauce)	¼ cup	½ cup
butter*	30g	60g
baby spinach leaves	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
milk*	½ cup	1 cup
water* (for the white sauce)	½ cup	1 cup
Parmesan cheese	1 medium packet	1 large packet
fresh lasagne sheets	1 medium packet	2 medium packets
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	374kJ (89Cal)
Protein (g)	33.9g	4.7g
Fat, total (g)	20.3g	2.8g
- saturated (g)	11.6g	1.6g
Carbohydrate (g)	77g	10.7g
- sugars (g)	20.4g	2.8g
Sodium (mg)	2312mg	320mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2909kJ (695Cal)	396kJ (95Cal)
Protein (g)	38.1g	5.2g
Fat, total (g)	24g	3.3g
- saturated (g)	14.2g	1.9g
Carbohydrate (g)	77.3g	10.5g
- sugars (g)	20.5g	2.8g
Sodium (mg)	2444mg	333mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **broccoli** (including stalk) into small florets.
- Thinly slice **zucchini** into half-moons.

4



Make the white sauce

- In a medium saucepan, melt the remaining **butter** over medium heat. Add the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**.
- Reduce heat to medium-low, then slowly whisk in the **milk** and **water (for the white sauce)** until smooth. Simmer, stirring constantly, until slightly thickened, **1-2 minutes**.
- Remove from heat and stir in half the **Parmesan cheese**. Season with **salt** and **pepper**.

Custom Recipe: If you've doubled your Parmesan cheese, stir half Parmesan through white sauce, as above.

2



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli** and **zucchini** until tender, **5-7 minutes**.
- Reduce heat to medium, then add **Mediterranean seasoning** and cook until fragrant, **1 minute**.

TIP: Add a dash of water to the pan to help speed up the cooking process.

5



Assemble & bake the lasagne

- Spoon roughly one quarter of the **filling** into a baking dish, then top with a **fresh lasagne sheet**. Repeat with remaining **filling** and **lasagne sheets**.
- Finish with a **final lasagne sheet**, then pour over the **white sauce**. Sprinkle with remaining **Parmesan cheese**.
- Bake until golden, **20-25 minutes**.

Custom Recipe: Sprinkle remaining Parmesan cheese over white sauce, as above.

3



Finish the filling

- Stir in **diced tomatoes with garlic & onion**, **vegetable stock powder**, the **brown sugar**, **water (for the red sauce)** and half the **butter**, then simmer, until slightly reduced, **1-2 minutes**.
- Remove from heat and stir in **baby spinach leaves**, until wilted. Season to taste.

6



Serve up

- Divide rustic veggie and tomato lasagne between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW15

