



Herby Tomato Beef & Mushroom Cannelloni

with Fennel & Almond Salad

PASTA PERFECTION

Grab your Meal Kit with this symbol



Beef Mince



Sliced Mushrooms



Soffritto Mix



Herb & Mushroom Seasoning



Tomato Paste



Vegetable Stock Powder



Parmesan Cheese



Fresh Lasagne Sheets



Passata



Cheddar Cheese



Spinach, Rocket & Fennel Mix



Flaked Almonds

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

Eat Me Early

Smooth and creamy béchamel sauce glides over lasagne sheets stuffed with a luscious, tomatoey beef and mushroom filling for an unforgettable mid-week treat! Pair with our peppery salad to cut through all the mouth-watering richness.

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Milk, Vinegar (White Wine or Balsamic)

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
beef mince	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet
soffritto mix	1 medium packet	1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
tomato paste	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
vegetable stock powder	1 medium sachet	1 large sachet
butter*	40g	80g
plain flour*	2 tbs	¼ cup
milk*	1 cup	2 cups
Parmesan cheese	1 medium packet	1 large packet
fresh lasagne sheets	1 medium packet	2 medium packets
passata	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
spinach, rocket & fennel mix	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4337kJ (1037Cal)	586kJ (140Cal)
Protein (g)	62g	8.4g
Fat, total (g)	46g	6.2g
- saturated (g)	24.3g	3.3g
Carbohydrate (g)	88.9g	12g
- sugars (g)	28.9g	3.9g
Sodium (mg)	2231mg	301mg

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.

We're here to help!

Scan here if you have any questions or concerns



Start the filling

- Preheat oven to **240°C/220°C fan-forced**.
- Heat a large frying pan over medium-high heat. Cook **beef mince** (no need for oil!) and **sliced mushrooms**, breaking up mince with a spoon, until just browned, **2-3 minutes**.



Bake the cannelloni

- Slice **fresh lasagne sheets** in half widthways.
- Spoon half the **passata** into the bottom of a baking dish. Lay cut **lasagne sheets** on a flat surface.
- Spoon a heaped tablespoon of **beef and mushroom filling** down the centre of each sheet. Roll sheets up tightly and place, seam-side down, in a baking dish.
- Repeat with remaining **sheets and filling**, ensuring they fit together snugly in the dish.
- Evenly spread **cannelloni** with the remaining **passata**. Top with **béchamel sauce**. Sprinkle with **Cheddar cheese**.
- Bake until golden, **20-25 minutes**.



Finish the filling

- To pan with beef, add **soffritto mix** and cook, stirring, until tender, **4-5 minutes**.
- Add **herb & mushroom seasoning** and **tomato paste** and cook until fragrant, **1 minute**.
- Stir in the **brown sugar** and **vegetable stock powder** and simmer until bubbling and slightly reduced, **1-2 minutes**.
- Remove from heat and set aside.



Toss the salad

- When cannelloni has **5 minutes** remaining, in a medium bowl, combine **spinach, rocket & fennel mix** and a drizzle of **vinegar and olive oil**.
- Season with **salt and pepper**.



Make the béchamel sauce

- Meanwhile, in a medium saucepan, melt the **butter** over medium heat. Add the **plain flour** and cook, stirring constantly, until a thick paste forms, **1-2 minutes**.
- Slowly whisk in the **milk** until smooth and slightly thickened **1-2 minutes**.
- Remove from heat, then stir in **Parmesan cheese**. Season with **salt and pepper**.



Serve up

- Divide herby tomato beef and mushroom cannelloni between plates.
- Serve with fennel salad.
- Sprinkle **flaked almonds** over salad to serve. Enjoy!

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