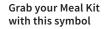


Herby Tomato Beef & Mushroom Cannelloni

with Fennel & Almond Salad

PASTA PERFECTION









Sliced Mushrooms

Soffritto Mix

Herb & Mushroom Seasoning





Vegetable Stock

Tomato Paste





Parmesan Cheese





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 \cdot Medium saucepan \cdot 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*	0.11	* 4
plain ilour	2 tbs	¼ cup
milk*	1 cup	½ cups
•		
milk*	1 cup	2 cups 1 large packet
milk* Parmesan cheese fresh lasagne	1 cup 1 medium packet	2 cups 1 large packet
milk* Parmesan cheese fresh lasagne sheets	1 cup 1 medium packet 1 medium packet	2 cups 1 large packet 2 medium packets
milk* Parmesan cheese fresh lasagne sheets passata	1 cup 1 medium packet 1 medium packet 1 packet	2 cups 1 large packet 2 medium packets 2 packets
milk* Parmesan cheese fresh lasagne sheets passata Cheddar cheese spinach, rocket &	1 cup 1 medium packet 1 medium packet 1 packet 1 medium packet	2 cups 1 large packet 2 medium packets 2 packets 1 large packet
milk* Parmesan cheese fresh lasagne sheets passata Cheddar cheese spinach, rocket & fennel mix vinegar* (white wine or	1 cup 1 medium packet 1 medium packet 1 packet 1 medium packet 1 medium packet	2 cups 1 large packet 2 medium packets 2 packets 1 large 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.



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.



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.



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 snuggly in the dish.
- Evenly spread cannelloni with the remaining passata. Top with béchamel sauce. Sprinkle with Cheddar cheese.
- Bake until golden, 20-25 minutes.



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate