



Herby Tomato & Lentil Bolognese Lasagne

with Homemade Béchamel Sauce

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Lentils



Tomato & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Baby Spinach Leaves



Parmesan Cheese



Fresh Lasagne Sheets



Beef Mince

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

The rulebook has been thrown out the window with this one. We've swapped out mince for lentils to make the base of this herby tomato lasagne and topped it with a homemade béchamel sauce. You've heard it here first, it is so good, that we might just through the rulebook out more often.

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 · Small saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
lentils	1 medium packet	2 medium packets
tomato & herb seasoning	1 medium sachet	2 medium sachets
diced tomatoes with garlic & onion	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water* (for the red sauce)	¼ cup	½ cup
baby spinach leaves	1 medium packet	1 large packet
butter*	20g	40g
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
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3051kJ (729Cal)	456kJ (109Cal)
Protein (g)	39.5g	5.9g
Fat, total (g)	16.1g	2.4g
- saturated (g)	9g	1.3g
Carbohydrate (g)	97.5g	14.6g
- sugars (g)	21.5g	3.2g
Sodium (mg)	2112mg	316mg
Dietary Fibre (g)	20.9g	3.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3997kJ (955Cal)	503kJ (120Cal)
Protein (g)	67.1g	8.4g
Fat, total (g)	29g	3.7g
- saturated (g)	14.7g	1.9g
Carbohydrate (g)	97.5g	12.3g
- sugars (g)	21.5g	2.7g
Sodium (mg)	2186mg	275mg
Dietary Fibre	20.9g	2.6g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**.
- Drain and rinse **lentils**.

Custom Recipe: If you've added beef mince, only drain and rinse half the lentils.



Make the béchamel

- While lentils are cooking, in a small saucepan, heat the **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 **Parmesan cheese**. Season with **salt** and **pepper**.



Cook the lentils

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **lentils** and **tomato & herb seasoning** and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: Heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. Reduce heat to medium-high. Add carrot and continue as above.



Assemble & bake the lasagne

- Spoon roughly one quarter of the **lentil 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 béchamel.
- Bake until golden, **20-25 minutes**.



Make it saucy

- To pan, add **diced tomatoes with garlic & onion**, the **brown sugar** and **water (for the red sauce)**, stirring occasionally, until thickened, **4-6 minutes**.
- Stir through **baby spinach leaves** until wilted. Season to taste.



Serve up

- Divide herby tomato and lentil bolognese lasagne between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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